

EASY FOOD – COMBINING CHART

> > > ONLY MIX COLUMNS TWO WITH ONE AND THREE < < <

COLUMN ONE	COLUMN TWO	COLUMN THREE
<h2 style="color: red;">PROTEIN MEALS</h2> <p>Column One & Two are compatible</p> <p>Concentrated Proteins: All acid-forming (-)</p> <p>All meat (-) All poultry (-) All game (-) All fish (-) All Dairy except unsweetened yogurt (-) Soya beans/All Soya based products (-) Peanuts & peanut butter (-) All dried beans & legumes except lima beans & adzuki beans (-) unless sprouted</p> <p>Fruits: Assist protein digestion are all alkaline forming (+)</p> <p>Apples (+) Loganberries (+) Apricots (+) Mangoes (+) Blackberries (+) Melons (+) Blueberries (+) Nectarines (+) Cherries (+) Oranges (+) Currants (+) Papaya (+) Gooseberries (+) Pear (+) Grapefruit (+) Pineapple (+) Grapes (+) Prunes (+) Kiwis (+) Raspberries (+) Lemons (+) Strawberries (+) Limes (+) Tangerines (+)</p> <p>*NOTE ABOUT FRUIT ALL COOKED & UNRIPE FRUIT IS ACID FORMING (-) ALL FRUIT IS ALKALINE FORMING (+)</p>	<h2 style="color: red;">NEUTRAL FOODS</h2> <p>Column Two is compatible with One & Three</p> <p>Vegetables: All alkaline forming (+) except Asparagus</p> <p>Asparagus (+) Leek (+) Avocado (+) Lettuce, all (+) Bean Sprouts (+) Onions (+) Beets & greens (+) Peas: all (+) Bell peppers (+) Radishes (+) Broccoli (+) Scallion (+) Brussel sprouts (+) Parsnips (+) Cabbage (+) Sea veggies (+) Cauliflower (+) Spinach (+) Celery (+) Squash (+) Chard (+) String beans (+) Cucumber (+) Tomatoes: raw (+) Eggplant (+) Turnip & greens (+) Kale (+) Zucchini (+) Kohlrabi (+) Sprouted nuts, seeds, beans & legumes (+)</p> <p>Raw Nuts: All acid forming except Almonds & Brazil nuts</p> <p>Almonds (+) Hazelnuts (-) Brazil nuts (+) Macadamia nuts (-) Cashew Nuts (-) Pecan nuts (-) Coconut (-) Pistachios (-) Chestnuts (-) Walnuts (-)</p> <p>Raw Seeds: all alkaline forming (+)</p> <p>Alfalfa (+) Flax (+) Caraway (+) Poppy (+) Celery (+) Pumpkin (+) Dill (+) Sesame (+) Fennel (+) Sunflower (+)</p>	<h2 style="color: red;">STARCH MEALS</h2> <p>Column Three & Two are compatible</p> <p>Concentrated Starches: All acid forming (-)</p> <p>All grain & cereals except Millet & Buckwheat (-) All rice & rice products: cakes, bran, flour etc. (-) All flour & products: bread, cakes, pastries etc. (-) All wheat & wheat products: pasta, cereals etc. (-) All grains & grain products: cereals etc. (-)</p> <p>Vegetables: All alkaline forming (+)</p> <p>All potatoes & Jerusalem artichokes</p> <p>Fruits: Assist digestion of starches are alkaline forming (+)</p> <p>Bananas (+) Pears: if ripe & sweet (+) Dates (+) Currants (+) Figs (+) Raisins (+) Grapes: very sweet (+) Sultanas (+) Papaya: if very ripe (+)</p> <p>Waiting Period Before Drinking Water Or Eating:</p> <p>Fruit Whenever Vegetables..... 1 Hr Starch Based Meal 2-3 Hr Protein Based Meal 2-3 Hr Protein Based With Flesh Food..... 4 Hr Protein & Starch Combined Meal .. 8 Hr</p>
<p>Fats & Oils:</p> <p>Butter (+) ,Oils (+)</p> <p>Condiments:</p> <p>(ketchup, mustard, sauces, relish & all vinegar) are all acid forming (-)</p>	<p>Sugar substitutes:</p> <p>100% Maple syrup (-) Honey except raw (-) Carob products (-) Organic Sugar (-)</p> <p>*Any product containing refined sugar (jams & preserves, sodas, ice cream etc.) is ACID FORMING!</p>	<p>Herbs & Spices:</p> <p>All herbs are alkaline forming (+) All spices are acid forming (-)</p>

THIS IS A TOOL, NOT A RULE!	PROTEINS	STARCHES	NEUTRAL VEGGIES	STARCH VEGGIES	FRUITS/ PROTEIN MEALS	FRUITS/ STARCH MEALS	NUTS & SEEDS	HERBS & SPICES	FATS & OILS*	SUGAR SUBSTITUTES *	CONDIMENTS*
Concentrated Proteins	Yes	No	Yes	No	Yes	Yes*	Yes	Yes	Yes *	Yes *	Yes *
Concentrated Starches	No	Yes	Yes	Yes	Yes *	Yes	Yes	Yes	Yes *	Yes *	Yes *
Neutral Vegetables	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes *	Yes *	Yes *
Starch Vegetables	No	Yes	Yes	Yes	Yes *	Yes	Yes	Yes	Yes *	Yes *	Yes *
Fruit/ Protein Meals	Yes	Yes *	Yes	Yes *	Yes	Yes	Yes	Yes	Yes *	Yes *	Yes *
Fruits/ Starch Meals	Yes *	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes *	Yes *	Yes *
Nuts & Seeds	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes *	Yes *	Yes *
Herbs & Spices	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes *	Yes *	Yes *
Fats & Oils*	Yes *	Yes *	Yes *	Yes *	Yes *	Yes *	Yes *	Yes *	Yes *	Yes *	Yes *
Sugar Substitutes*	Yes *	Yes *	Yes *	Yes *	Yes *	Yes *	Yes *	Yes *	Yes *	Yes *	Yes *
Condiments*	Yes *	Yes *	Yes *	Yes *	Yes *	Yes *	Yes *	Yes *	Yes *	Yes *	Yes *