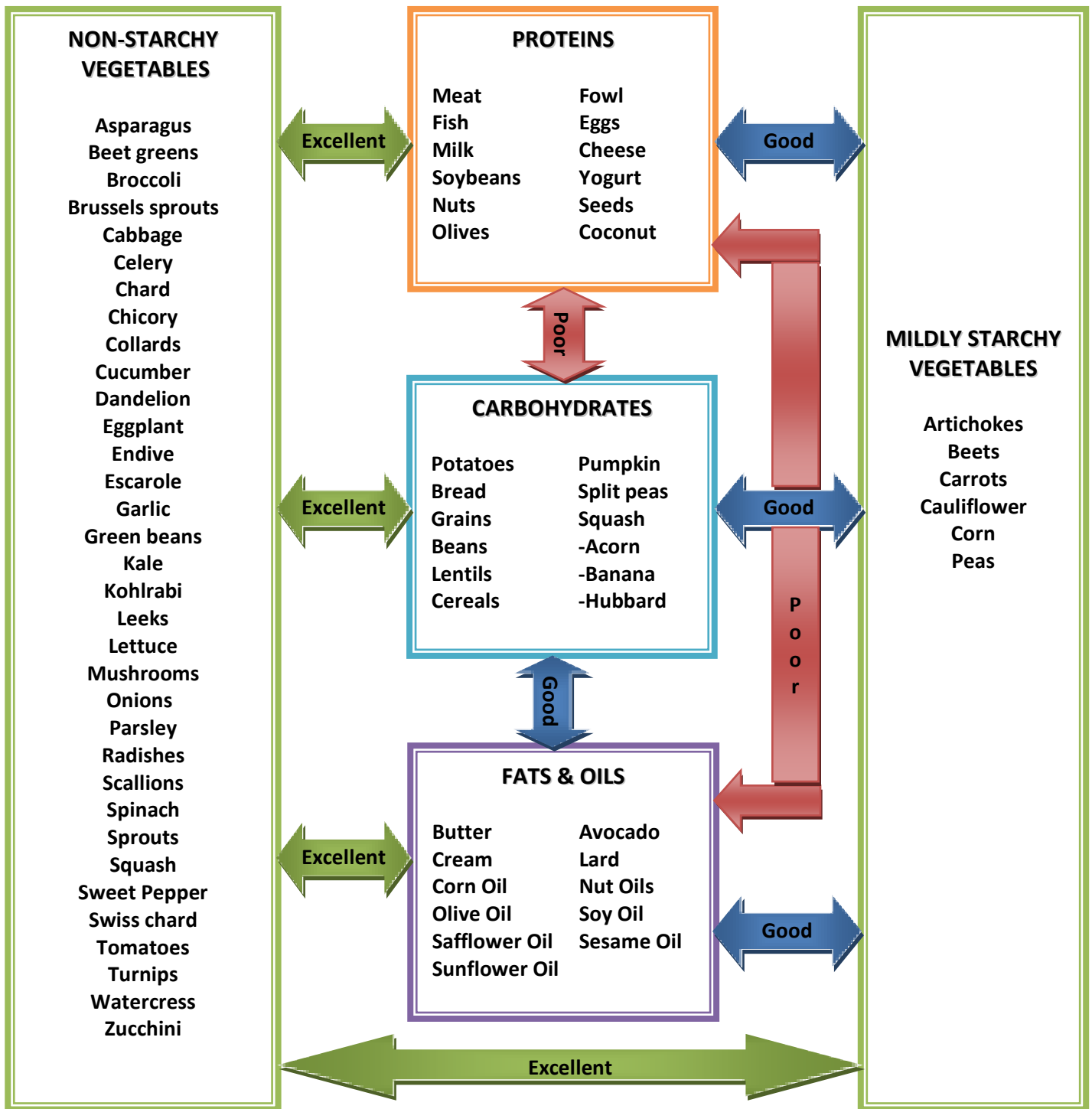


Food Combining Chart for Good Digestion



Fruits are best when eaten separate from other foods on an empty stomach. It is best to eat melons and sweet fruits separately. Fruit makes an awesome breakfast and an energetic start to the day.

ACID FRUITS		SUB ACID FRUITS		SWEET FRUITS		MELONS
Lemon	Lime	Apples	Pears	Bananas	Raisins	Cantaloupe
Orange	Tangerines	Cherries	Nectarines	Grapes	Prunes	Honey dew
Raspberries	Pomegranate	Tart Grapes	Mangoes	Dried fruits	Figs	Watermelon
Pineapple	Grapefruit	Huckleberries	Sweet Plums	Dates		Casaba
Blackberries	Strawberries	Kiwi	Apricots			Musk
Kumquat	Sour Plums	Papaya	Fresh Figs			Persian
Sour apples		Peach				Crenshaw