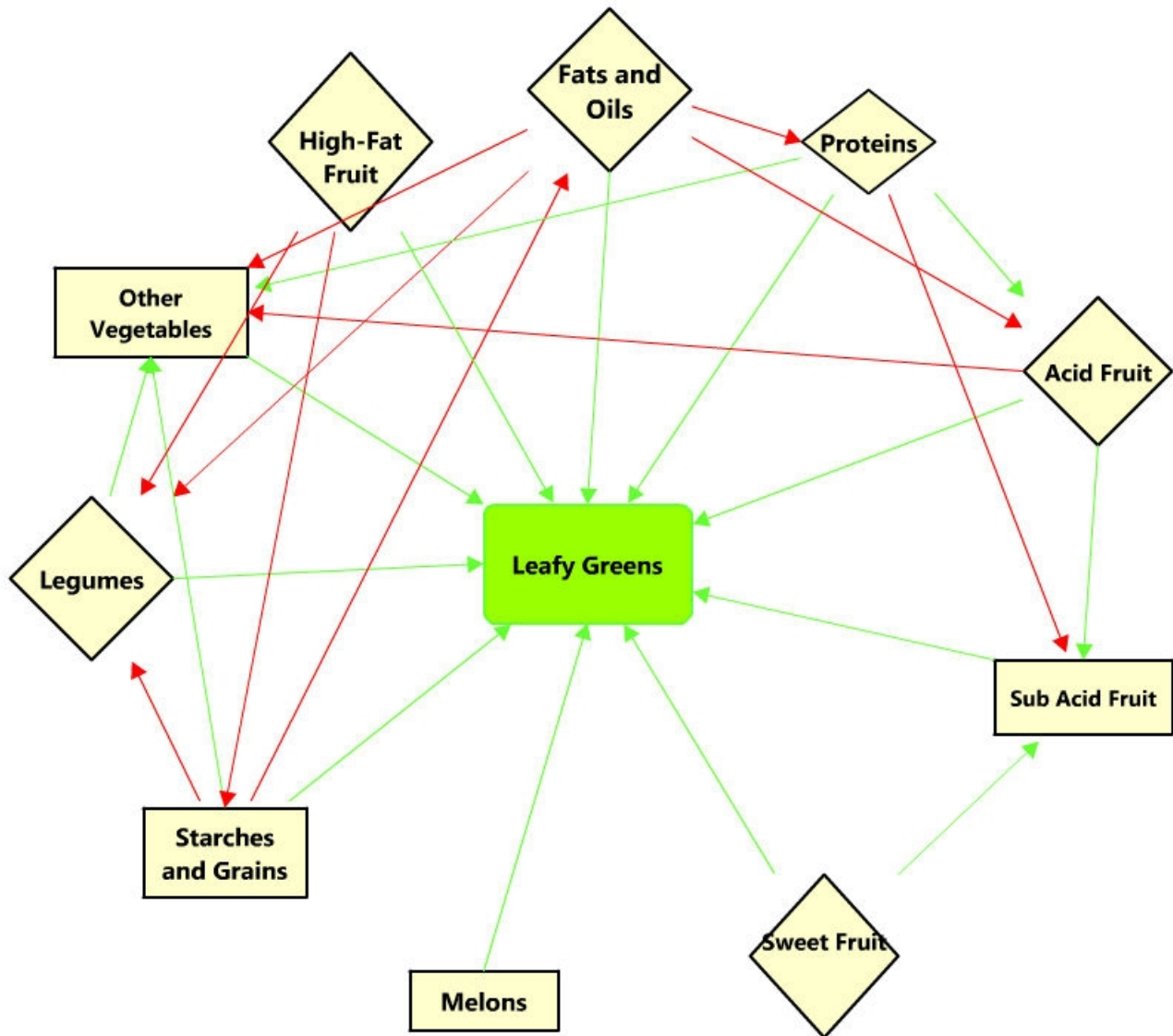


Good Food Combinations

www.raw-food-health.net



Made with lovelycharts.com

Key: Green Arrows Indicate a good combinations. Red Arrows indicate a possibly problematic combination (proceed with caution). If there is no arrow, it means the food combination will likely cause a digestive disturbance, and it should be avoided.

Much leeway must be given for individual digestive needs. For more information about how food combining works and a review of the nuances involved, read the article located [here](#).

Category Examples

** Indicates a harmful or hard-to-digest food included for completeness.*

Melons	Gala, Honeydew, Rock Melon, Santa Claus, Watermelon, Winter Melon, Cantaloupe, Muskmelon, Persian
Sweet Fruit	Banana, Plantain, Sapote, Persimmon, Jackfruit, Fig, Date, Egg Fruit, Mamma, Sapote, Sapodille

Sub Acid Fruit	Plum, Paw Paw, Papaya, Nectarine, Mulberry, Grape, Cherry, Blackberry, Apple, Papaya, Mango, Peach,
Leafy Greens	Romaine, Bibb, Iceberg and all other common lettuce varieties. Spinach, Celery, Celeriac. Fresh herbs such as Basil, Oregano, Parsley, Dill, and Mint.
Other Vegetables	Kale, Bok Choy, Asparagus, Eggplant, Fresh Corn, Brussel Sprouts*, Cabbage, Zucchini, Summer Squash, Okra, Broccoli, Swiss Chard, Sweet Peppers, Green Peas, Beets, Gourds*.
Legumes	Peanuts, Navy Beans*, White Beans*, Lentils*, Black Beans*, Fava Beans*, Kidney Beans*, Mung Beans*, Chick Peas*, Green Beans*, Lima Beans*, Soy Beans*.
Starches and Grains	Potatoes*, Sweet Potatoes*, Yams*, Dried Corn*, Barley*, Buckwheat*, Carrot, Yucca, Winter Squash*, Wheat*, Breads and Pastas*, Quinoa*, Rice*.
Fats and Oils	Butter*, Cream* Margarine*, Vegetable-Based Oils*, Seed-Based Oils*, Nut-Based Oils*, Lard*
Proteins	Meat*, Dairy*, Eggs* Almonds, Brazil Nuts, Cashews, Pine Nuts, Pumpkin Seeds, Sunflower Seeds, Walnuts, Filberts.
Acid Fruits	Grapefruit, Kiwi, Lemon, Lime, Orange, Pineapple, Tangerine, Tomato, Pommelo, Kumquat, Carambola
High-Fat Fruit	Coconut, Avocado, Durian, Olive *, Akee.