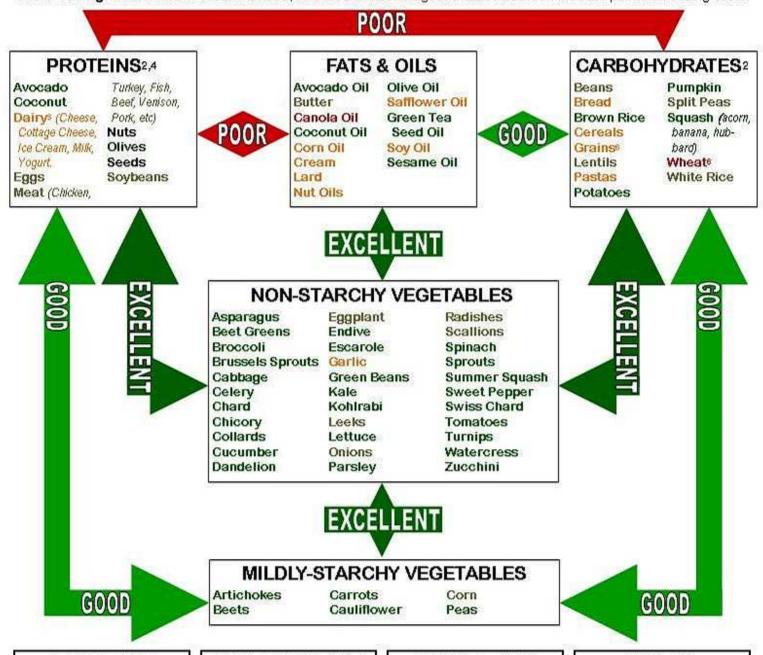
Food Combinations & Choices

Color-coding: Green means recommended, red means discouraged. Shades between indicate points on sliding scale.



ACID FRUIT

Blackberry Plum (sour)
Grapefruit Pomegranate
Lemon/Lime Raspberry
Orange Sour Apple
Pineapple Strawberry

SUB-ACID FRUIT

Apple Mango
Apricot Peach
Blueberry Pear
Cherry Plum
Kiwi (sweet)

SWEET FRUIT

Bananas Papaya
Dates Persimmon
Currants Prunes
Figs Raisins
Grapes

MELON

Cantaloupe Watermelon Casaba Crenshaw Honeydew Persian

FRUITS are best when eaten **alone**, as a meal, when the stomach is empty of other foods, such as for breakfast. Each fruit group should be eaten separately from other fruit groups, especially melons and sweet fruits.

NOTES

- 1. ALSO REFER TO ALKALINE/ACID FOODS CHART
- Carbohydrates and Proteins should never be eaten together, or during the same meal period.
- Milk and other dairy products are discouraged for human consumption (Exception: mother's breast milk is highly recommended for babies of the same species!)
- Concentrated proteins are unnecessary. Use as a condiment, not as main course. In any case, eat no more than one each meal.
- Garlic has been reported to produce adverse side effects, and should be considered for medicinal use only.
- Good when sprouted to vegetable state before consumption.
- 7. "All things in moderation, including moderation." Socrates
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