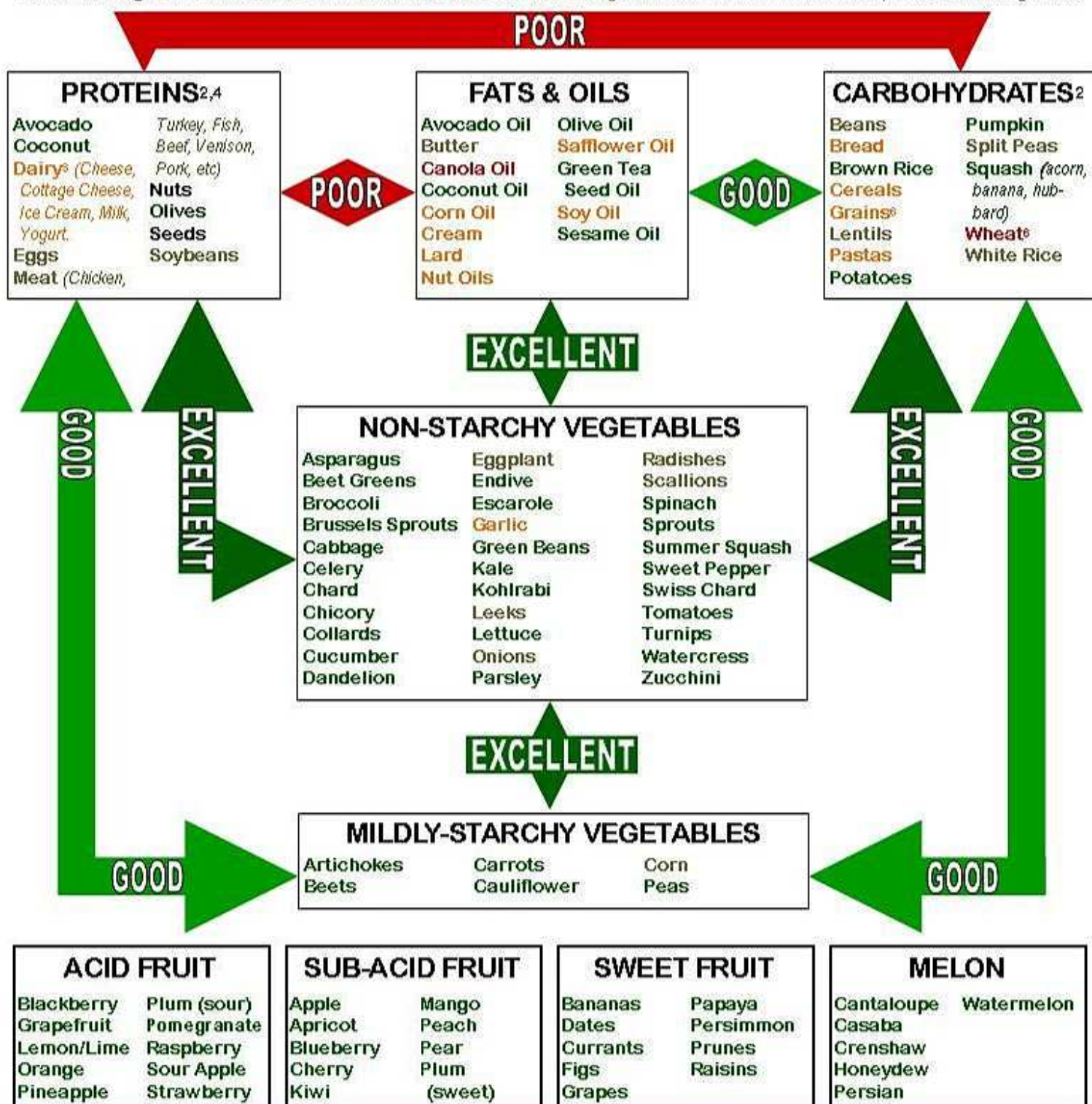


Food Combinations & Choices

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



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
2. Carbohydrates and Proteins should never be eaten together, or during the same meal period.
3. Milk and other dairy products are discouraged for human consumption (*Exception: mother's breast milk is highly recommended for babies of the same species!*)
4. Concentrated proteins are unnecessary. Use as a condiment, not as main course. In any case, eat **no more than** one each meal.
5. Garlic has been reported to produce adverse side effects, and should be considered for medicinal use only.
6. **Good** when sprouted to vegetable state before consumption.
7. "All things in moderation, including moderation." Socrates
8. This information may be copied and distributed freely.