

FOOD COMBINING SIMPLIFIED

According to the rules of food combining, one food per meal is ideal for optimal digestion.

A combination of several foods at a meal should be in accordance with the chart below.




Avocados are best combined with low-starch vegetables

1
Choose one kind of fruit at a time, and avoid mixing fruits


Only eat fruit for breakfast or in the morning


Tomatoes may be combined with low-starch vegetables

Adapted from HSU & Co. www.hsu.com