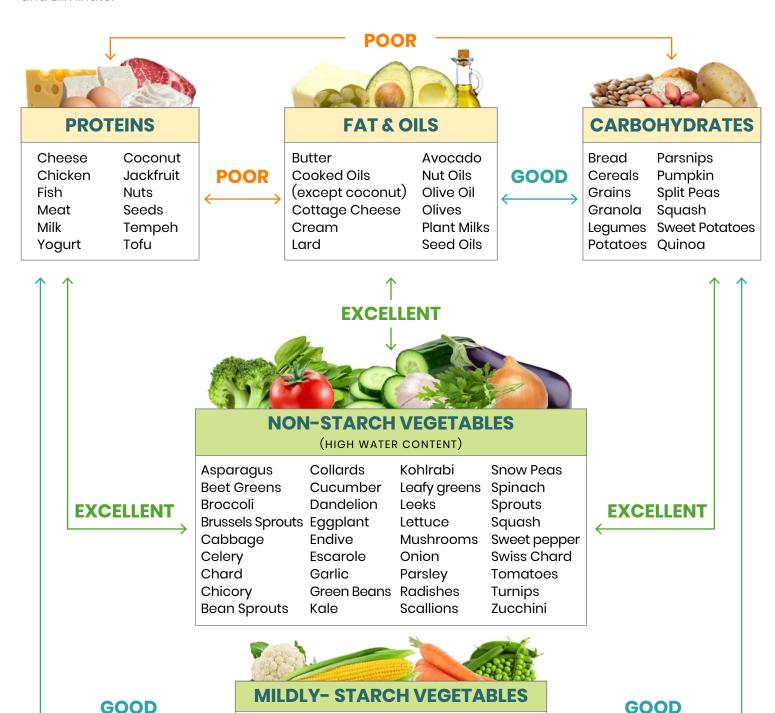
FOOD COMBINING



Ready to take your health to another level? Had enough gas, burping & farting? Properly food combine to make your belly flat, as an antidote to constipation, and so your food will better BAAE: Break down, Assimilate, Absorb, and Eliminate.



ACID FRUITS

Blueberries Pineapple
Cranberries Pomegranate
Grapefruit Raspberry
Lemons/Limes Strawberries
Melons Tangerines

Carrots

Cauliflower

SUB-ACID FRUITS

Artichokes

Beets

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

SWEET FRUITS

Bananas Grapes
Dates Passion Fruit
Durian Persimmon
Dried Fruit Oranges
Figs Sapodilla

- eat fruit alone
- eat melons alone
- after eating fruit, wait 20 min before consuming anything else
- avoid mixing sweet & acid fruits
- ▶ don't drink while eating to avoid washing out digestive enzymes

Corn

Peas

watch out for poor combinations: granola, berries/nuts, meat/potatoes