

# FOOD COMBINING CHART

When planning your raw or mostly raw food diet menu, consider the following 3 points:

- The different food types
- What they combine with
- What they don't combine with

Below is a chart that you can use to help organize your meals and avoid the pitfalls of incorrectly combining foods that do not digest well together.

Food type	Combines well with	Avoid combining with
<b>Proteins and Fats:</b>  Nuts, seeds, oils, coconut flesh, olives, and avocados.	Non-starchy vegetables  Fair combination with fruits for as long as fats are eaten in modest quantities	Melons  Other fats or protein type (i.e. combining nuts and avocados, or seeds with olives).
<b>Starches:</b>  Potatoes, chestnuts, pumpkins and squashes, sweet corn, artichokes, grains and cereals.	Non-starchy vegetables	Fruits and proteins
<b>Non-starchy vegetables:</b>  Mainly green leafy vegetables like spinach, celery, lettuce, kale, parsley, etc.	All food types, apart from melons	Melons
<b>Sweet Fruits:</b>  Persimmon, banana, date, fig, mango, papaya, sweet	Non-starchy vegetables  Sub-acid fruits	Starches and melons  Large amounts of fat

grapes, cherimoya	Fair combination with fats in small quantities	
<b>Sub-acid fruits:</b> Apricot, apple, nectarine, peach, pear	Sweet and acid fruits Non-starchy vegetables Average combination with proteins	Starches and melons
<b>Acid fruits:</b> Grapefruit, orange, pineapple, pomegranate, lime, tomato, lemon, sour plum	Sub acid fruits Non-starchy vegetables Fair combination with fats for as long as fats are eaten in modest quantities	Starches, sweet fruit, melons
<b>Melons:</b> Watermelon, honey dew, cantaloupe, galia.	Other water-rich fruits, i.e. oranges or grapes	Starches, proteins, fats, sweet fruit