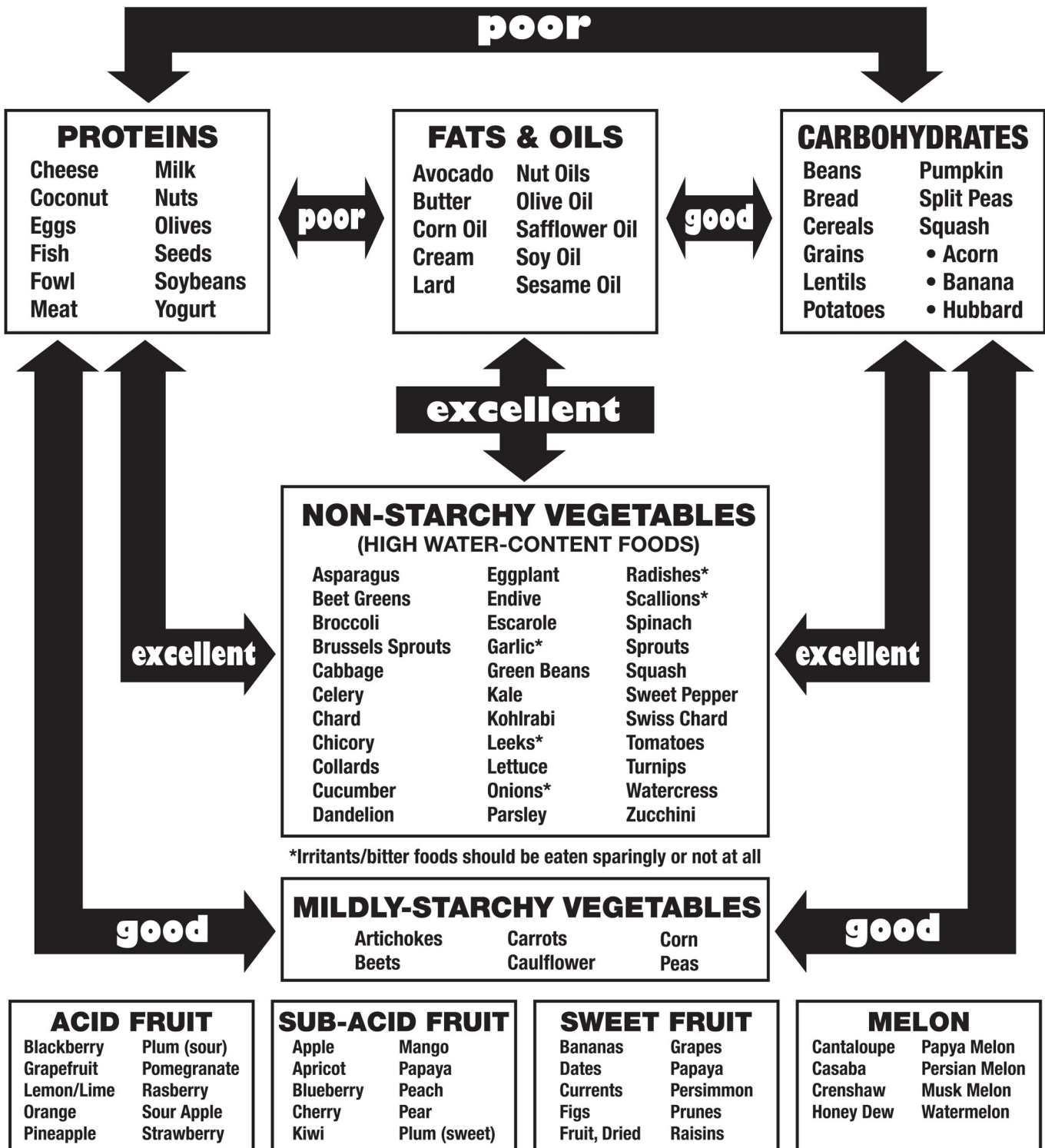


# Proper Food Combining

- ✘ Eat proteins and carbohydrates at separate meals
- ✘ Eat only one concentrated protein at each meal
- ✘ Treat juices (fruit or vegetable) as whole foods
- ✘ Take milk alone or not at all
- ✘ Desert desserts
- ✘ Cold foods (including liquids) inhibit digestion



- ✘ Only eat fruit alone as a fruit meal
- ✘ Fruits should not be eaten between meals while other food is digesting in the stomach
- ✘ Do not eat sweet fruits and acid fruits together
- ✘ Melons are best eaten alone but can be mixed with acid and sub-acid fruits