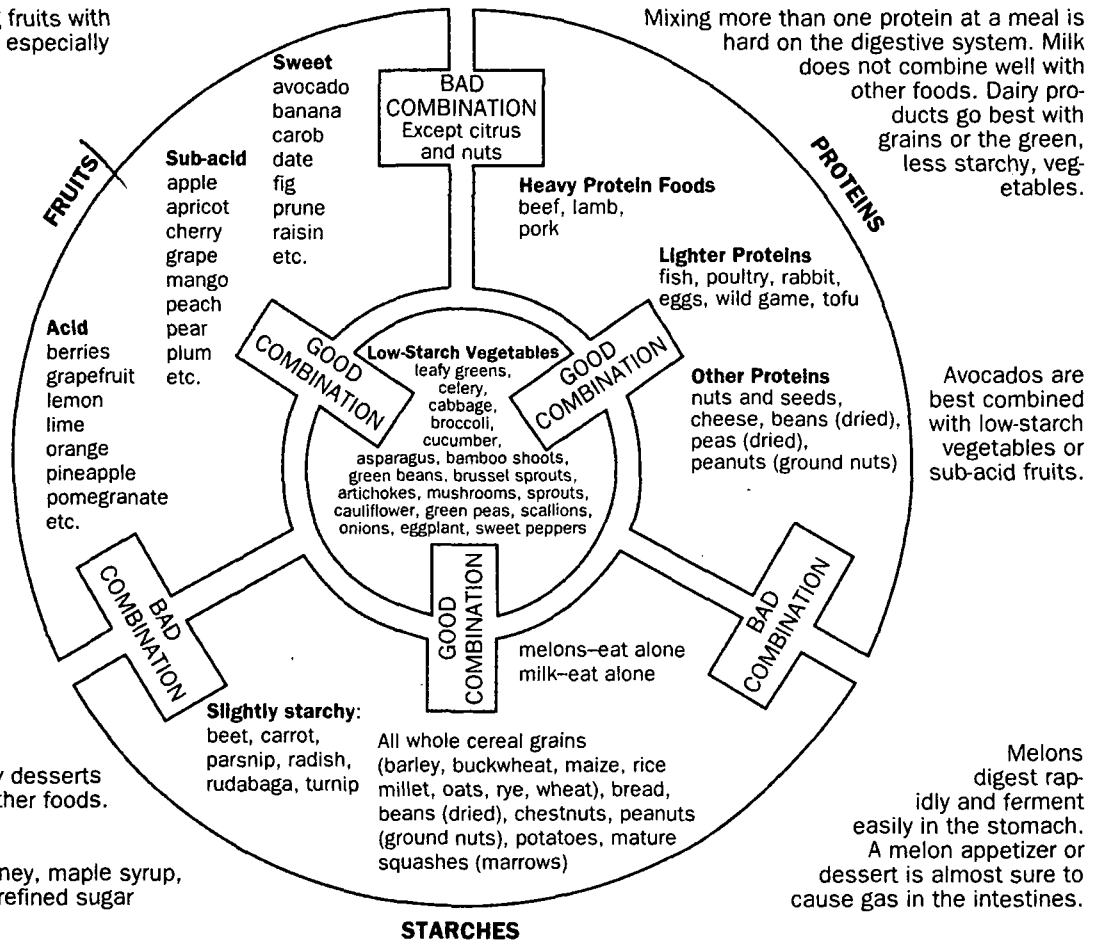


FOOD-COMBINING PRINCIPLES

Avoid mixing fruits with other foods, especially proteins.



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- Do not combine in the same meal heavy or lighter protein foods with starchy foods, such as beef with bread. Being less strict, you might try a grain like brown rice with the lighter proteins, or bread with eggs. Experiment to see what will work.
- Do not combine heavy or lighter protein foods with milk or milk products or have a dairy dessert right after these proteins.
- Do not combine raw fruit or fruit juices with slightly starchy vegetables or with any nonfruit meal. Your digestive system may need to wait at least a half hour between them. Better to have them at separate meals. Lemon juice may be an exception.
- Do not have sweets of any kind with protein foods or immediately after a protein meal. This includes fruit, honey, maple syrup, and table sugar. Fresh pineapple and papaya are exceptions. They can be eaten with or immediately after protein. Wait at least thirty minutes for dessert.