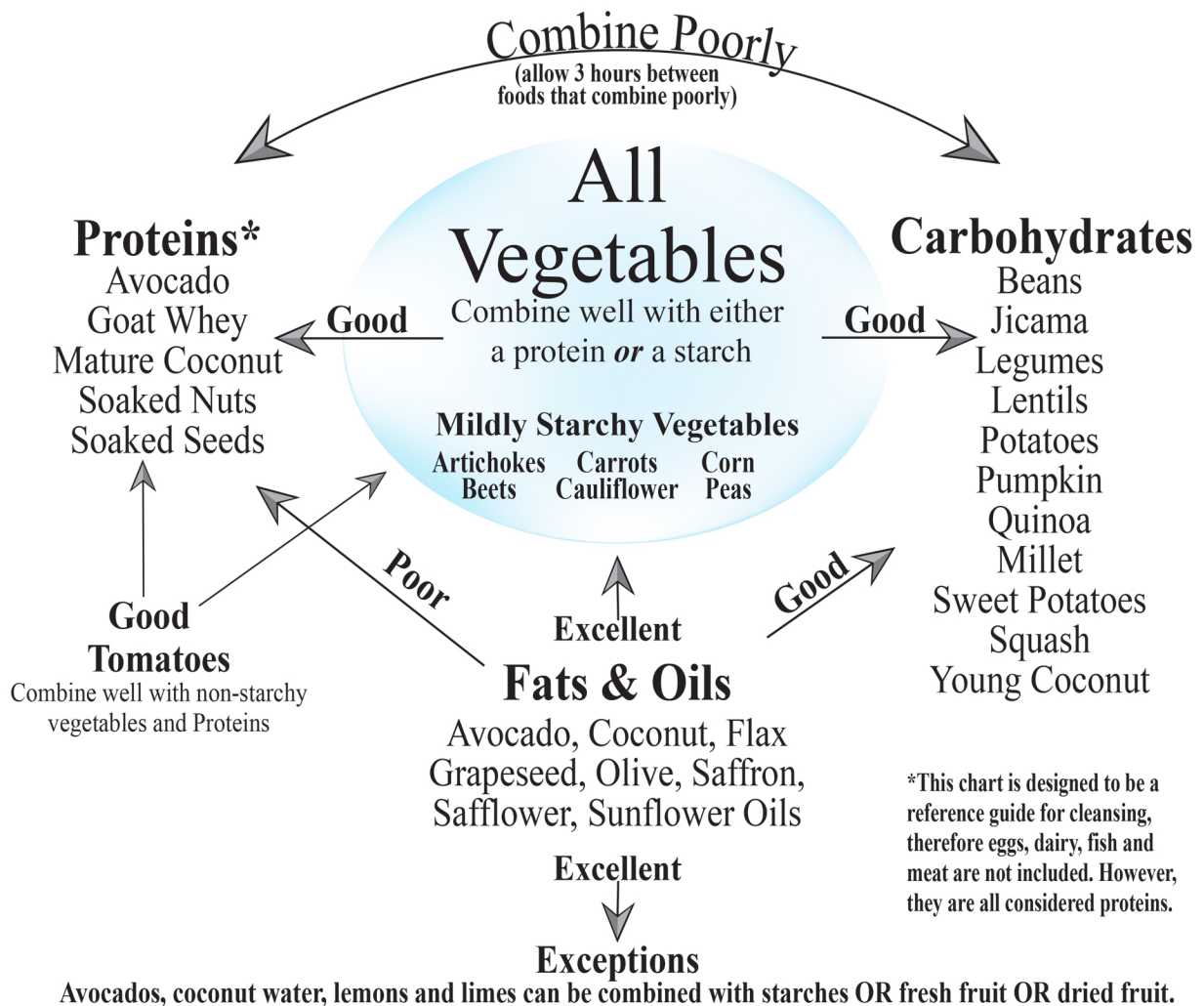


FOR GOOD DIGESTION

Here's How To Combine Your Food



Fruits

Fresh fruits are best eaten alone or within their group as a meal or snack on an empty stomach because they digest quickly. However most fresh fruit can be consumed with raw leafy greens in salads or smoothies. Vegetables, proteins or carbohydrates can be eaten 45 minutes after fruits, while fruit should only be eaten 3 hours after consuming these foods for good digestion.

Acid
Blackberry
Citrus Fruits
Pineapple
Plum (sour)
Pomegranate
Raspberry
Strawberry
Sour Fruits

Sub-Acid
Apples
Apricot
Blueberry
Cherries
Grape
Kiwi
Mango
Peach
Pear

Sweet
Bananas
Currants
Dates
Figs
Papaya
Persimmons
Prunes
Raisins

Melons
Always best to be eaten Alone!
Cantaloupe
Casaba
Crenshaw
Honeydew
Persian
Watermelon

Exceptions

Bananas can be consumed with any fresh fruit OR with nuts, seeds and dried fruit. Dried fruits also combine well with nuts.