A Lesson in Food Combining

How to Combine Foods for Optimal Health

Proper Food Combining Chart

Proteins
* Dairy
  * Olives
  * Soaked Nuts
  * Mature Coconuts
  * Meats (flesh)
  * Soaked Seeds

POOR
Digestion is more difficult when proteins & starches are eaten within 3 hours of each other.

Starches
  * Beans
  * Carrots
  * Corn
  * Grains
  * Jicama
  * Legumes
  * Rice
  * Squash
  * Young Coconut

GOOD

Vegetables
Mix well with either a protein OR a starch

GOOD

Fruits

POOR
Note: Fruits should never follow or be eaten with protein, starch or vegetables!

POOR
* These substances not recommended but included for clarity

Acid
  * Citrus Fruits
  * Pineapples
  * Plums (sour)
  * Pomegranates
  * Strawberries
  * Sour Fruits

POOR

Sub-Acid
  * Apples
  * Apricots
  * Cherries
  * Grapes
  * Mangos
  * Papayas
  * Pears

POOR

Sweet
  * Bananas
  * Dates
  * Figs
  * Prunes
  * Raisins
  * Persimmons
  * Pears

1
When it comes to **proper food combining**, you should know what foods are great to combine. To avoid any bloat, gas, undigested food, etc., it’s important to know the importance of proper food combining. Melons should only be eaten on an empty stomach, alone. The reason why you should only eat melons alone and not with other fruits is because melons digest quicker, and when you combine melons with other fruits that digest slower – your digestion and bowel movement starts to slow down. I remember I used to eat melons with other fruits, and I really did notice a difference in my digestion! You see, melons digest quicker than most fruits. **Fruits digest a bit slower than melons. Melons + fruits = bad food combining!**

I noticed when I used to eat melons with other fruits, my digestive system slowed down, and I didn’t use the bathroom quickly as I would if I just ate the melons alone. Actually, sometimes I wouldn’t digest my food when I combined melons with fruits! I did that experiment to see if it really was ‘true’ that you shouldn’t combine melons with other fruits. Well, I sure got my answer, didn’t I?!
So, the next time you eat a fruit salad, make a smoothie, juice, and want to add melons – hopefully you refer back to this post! Melons do not like to be shared! They want you to eat/enjoy them by themselves. Melons are selfish, huh?!

**Let’s clarify:** for proper digestion, eat melons alone on an empty stomach! Never combine melons with other fruits! Why? Melons digest so fast, unlike other fruits. When you combine melons with other fruits that digest slower, you have bad food combining, and sometimes, you don’t digest the food quickly, you may not even digest it at all, or it may take you longer time! Fermentation comes in and digestion difficulties. Melons will digest within minutes after being eaten. On the other hand, fruits that digest slower, it will mess with your bowl movement and back it up! Oy! Your digestive system will slow down. **Read this great post to learn more about melons. Proper food combining is necessary for optimal health.**

If your digestion is sensitive and you come from a background where you have had digestive disorders or issues, then you may want to consider following these food combining basics.

**Please remember:** everybody is different. Just because you see a plant-based eater combining melons with bananas or with another fruit like a
pineapple, it doesn’t mean that combination is going to work for your body. So, listen to your body and do what works best for YOU.

Do’s and Don’t’s About Food Combining:

Do’s:

- Do combine sweet fruits with sub-acidic fruits.
- Do combine melons with other melons acidic fruits, juicy fruits and leafy greens and vegetables.
- Stay hydrated and drink water before meals, and wait at least 30-60 minutes after meals to drink water again. at least 15-20 minutes before
- Eat the water rich foods first, then the denser ones.

Tips:

- Greens combine well with all foods, including melons.
- All dried fruit are sweet fruits. Thus, acidic fruits become sweet fruits when dried.
- It’s easier for your body to digest ONE food at a time. This is why monomeals are so excellent for your digestion. At least 1 monomeal a day, and your digestion will thank you.
- When you blend foods, it becomes easily digestible and absorbs well than chewing your food manually.
- Since melons are high in water, it’s okay to combine them with water-rich fruits like cucumber, grapes, oranges, pineapple, apples, and other juicy, acidic fruits.
Ayurvedic Food Combinations
Tips on What Not to Do

- Avoid eating cooked foods and raw foods in the same meal.
- Avoid eating cold foods after eating ghee.
- Avoid eating dry foods with too much liquid (e.g. dry cereal with milk).
- Avoid leafy mixed greens with fish or dairy.
- Avoid mixing cucumbers with water, which will be toxic to the system.
- Avoid mixing yogurt and milk in the same meal.
- Avoid taking milk or yogurt with sour or citrus fruits.
- Avoid eating fruits together with potatoes or other starchy foods.
- Avoid eating melons and grains together.
- Do not eat meat protein and milk protein together.
- Milk and melons should not be eaten together.
- Honey should not be cooked or added to hot drinks.
- Iced water should not be drunk during or after a meal as it slows agni and digestion.
- No fruits after a meal for 2-3 hours. Fruits require a lot less time to digest but if there is something in your stomach, they will sit there and ferment.
Three Principles of Health

Many are under the mistaken belief that the human body is a frail instrument, prone to disease and pre-programmed to decay. Dr. Pickering wholeheartedly disagrees, and I second that motion. The truth is, your body is infinitely wise, with a natural inborn "instinct" toward health, and by following certain natural principles, you allow your body to do what it does best, which is to maintain an equilibrium of health. Dr. Pickering's three basic principles of health are:

1. You are automatically healthy, by design, and sick only by default

2. You don't catch disease; you "earn" it, as it stems from "crud in the blood from being drunk with junk," as he says

3. You get well by what comes out of you, not by what goes into you

In essence, health is as much based on getting rid of toxins and other harmful substances as it is based on optimizing your nutrition. Part and parcel of this philosophy is that food is your number one ally. And while certain nutritional supplements can be
beneficial, they will not allow you to circumvent a poor diet. They can only complement your diet; they cannot take the place of a meal.

"Nutrition doesn't heal. It doesn't cure. It doesn't do anything," Dr. Pickering says. "It's a science though and it never changes... Here's what nutrition is: it's a series of four processes that your body employs to make food materials for the body to use."

Those four processes are the following:

1. Digestion
2. Absorption
3. Assimilation
4. Elimination

Four Principles of Wholesome Nutrition

According to Dr. Pickering, one of the most important factors when it comes to healthful eating is to make sure you're eating foods that are in season. Your constitution changes with the seasons of your local climate, and eating local foods when they're in season is a natural way to harness that intrinsic relationship your body has with the Earth.

Seasonal foods will typically be at their cheapest when they're in season, and will be readily available in most stores and farmers markets. Dr. Pickering's food combining guide can also help you determine which foods are in season, in addition to how to combine them for optimal health. Next, Dr. Pickering advises eating foods that are indigenous to your area. Eskimos, for example, are not going to reap the same nutritional rewards from watermelon as someone living in the American South where watermelons grow naturally. The climate itself makes nutritional demands on your body.

Third, you also want to select foods according to the type and amount of physical activity you're involved in (an office worker, for example, will not benefit from the diet of a triathlete), and lastly, you want to choose foods according to your body's digestive chemistry. As a side note, albeit an important one, Dr. Pickering also points out the importance of your thoughts.

"Your thoughts, you see, help to govern chemistry," he explains. "When you sit down to eat, it's crucial to not talk about problems at the dinner table; talk about joyous things just because it gives you a chance to get together [with each other]."

Recent research has even confirmed that if you want to make your food taste better, and more thoroughly enjoy the experience of a meal, perform a ritual first. One of the most rewarding rituals you can do before a meal is to stop and give thanks for your food. Not only might this make your food taste better, but also people who are thankful for what they have are better able to cope with stress, have more positive emotions, and are better able to reach their goals. People who give thanks before they eat also tend to
eat more slowly and savor the meal more so than those who do not, lending a natural transition to mindful eating, which has a direct and beneficial impact on digestion.

Why Food Combining Matters

Wayne is probably best known for promoting the importance of food combining. If the food you eat is not digesting properly, not only can painful gas, heartburn, acid reflux and other stomach problems arise, but your body will also be deprived of critical nutrients.

The short definition of digestion is: you put food or liquid into your mouth, swallow it, and then your body breaks these molecules down into a size it can absorb. What your body doesn't use is excreted as waste. These are the four processes listed above—digestion, absorption, assimilation and elimination. But food is actually broken down in a number of different areas, including in your mouth, stomach, and the first and middle sections of your small intestine, called the duodenum and jejunum respectively. Furthermore, you have two kinds of digestion:

1. Mechanical (chewing and churning) digestion
2. Chemical digestion

Food combination takes into account the area and complexity of digestion of each food, to ensure it goes through your entire digestive system with ease. Dr. Pickering explains:

"There's only one food that chemically breaks down in the stomach and that's protein. Proteins require pepsin, a very highly acidic [enzyme] in conjunction with hydrochloric acid. But the hydrochloric acid doesn't have the ability to break the food down. It just sets the medium for the concentration of the amount of pepsin that's poured into the stomach to digest whatever food that's in there. The intelligence of this human body is phenomenal."

There are three primary categories of food: proteins, carbohydrates, and fats. Proteins, again, begin their digestion chemically in your stomach. Carbohydrates are divided into two categories: fruits and starches. While fruits pass through your digestive system with relative ease, starches require three levels of breakdown; the very first stage is in your mouth. That’s why it’s crucial to carefully chew starchy foods.

According to the rules of food combination, you do not want to mix proteins and starches in the same meal. This means, no bun with your hamburger, no meatballs if you have pasta, no potatoes with your meat... Why is that? Dr. Pickering explains: "Starches require an alkaline digestive medium to digest. If you put your fist in your stomach while it's digesting steaks and all that, chances are, you wouldn't have a hand anymore. The acid is intense... When you mix them both together – an acid-type of food and an alkaline – basic chemistry shows that they don't digest. They neutralize. Then what happens? If the food is not digesting... it's going through your body [undigested], throwing it into all kinds of turmoil."
The Three Commandments of Food Combination

1. **No proteins and starches at the same meal**, as they neutralize each other and prevent proper digestion of either food. To ensure proper digestion of each food, wait two hours after eating a starch before eating protein. And wait three hours after eating protein before eating a starch.

2. **No fruits and vegetables at the same meal**. Fruits are either a single or double sugar, whereas the starches are a triple sugar. Fruits mechanically break down in your stomach, but chemically, they don't break down until they reach the third and fourth stage of your digestive system, which are in your small intestine. Starches, again, are broken down in three different stages, starting in your mouth. According to Dr. Pickering, this is also why it's crucial to not eat dessert after a meal. When you do, it gets trapped in your stomach with all that other food, where it starts to rot as it's not being chemically digested there. Therefore, eat fruit 30-60 minutes before dinner. The same applies if you want to eat another piece of fruit. Acidic fruits, such as lemons for example, also do not combine well with starches. Lemon and banana is but one example of a combination that is sure to lead to gastrointestinal upset...

Many people consider tomatoes a fruit, yet it's commonly added to salad. Dr. Pickering classifies tomatoes as a “fruit-vegetable,” because even though they don't have the sugar like most fruits, they're still an acidic fruit-vegetable. As such they're okay to combine with other vegetables. He suggests the following recipe for an excellent salad:

"Any kind of vegetable that has seed in it; for example summer squash, zucchini, eggplant, cucumbers, bell peppers, and okra—that are all fruit-vegetables. Your tomatoes go well with those. And since lettuce and celery have a neutral effect, as far as the breakdown of food, the celery and the lettuce combine very well with all of that. You can also add avocados."

3. **"Eat melon alone, or leave it alone, or your stomach will moan."** In short, melons do not digest well with other foods and will frequently cause problems unless consumed by itself.

The When and What of Eating

According to Dr. Pickering, the amount and sequencing of the foods you eat can also make a difference. He recommends the following eating schedule:

- **Morning meal**: The least concentrated foods, in the greatest amount. Ideal food choice: fruits
- **Middle of the day**: More complex foods, but in a smaller amount than your first meal. Ideal food choice: starchy carbs
- **Evening**: The most concentrated foods, but in the least abundant amount. Ideal food choice: protein
Fruit with your meal or afterwards.

Why? Fruit is absorbed very quickly, passing through the stomach and then absorbed in the intestines. When these fruits are combined with grains, meats or dried products- they can stay in the digestive tract too long and begin to ferment. This can cause damage to the walls of your intestine amongst other problems.
Animal protein and starch.

Why? According to Tara Aldar, (a top natural health coach and internal cleansing expert) ingesting animal proteins and carbohydrates at the same time can negate the effects of each macronutrient. The different digestive enzymes clash and can cause gas problems, discomfort and flatulence. Next time you go for a pot roast, be sure to keep this in mind!

Limes and cough medicine.

Why? According to Men’s Health magazine, limes can inhibit or block enzymes that break down cholesterol lowering statins. A well-known cough medication is dextromethorphan, this medication can build up in your blood stream if you fail to break down statins which will then increase unwanted side effects from the medication. Pharmacist Mary Ellen Gullickson Ph.D. says these side effects can include hallucinations and insomnia, so we suggest you avoid lime juice the next time you have a tickly throat and always check with your pharmacist for clear guidance on this matter.
Starchy carbs and tomatoes.

Why? Tomatoes are an acidic fruit and can cause problems when eaten at the same time as starch carbohydrates. Starchy carbs include rice or sweet potatoes. One runs the risk of causing indigestion, GERD and other digestion problems by doing this. It is also believed that after meal fatigue can be caused by eating tomatoes and starchy carbs at the same time.

Cereal and milk.

Why? For many of you reading this, it will seem rather shocking as cereal and milk is a staple of many of our diets across the world. Synonymous with breakfast in fact, BUT both contain fast digesting carbs that put the body under stress, both can cause blood sugar spikes that will leave you tired when they eventually lower again, making you crave more junk food.
Wine and pudding.

Why? Unfortunately for those with a sweet tooth, this delectable combo can wreak havoc on your insides. Alcohol messes up blood sugar levels and increases insulin production, so then the high amount of sugar in your dessert will be stored as fat and lead to unhealthy weight gain. For a better alternative try consuming wine with low-glycaemic index rated foods such as fibrous vegetables.

Burger and fries.

Why? A convenient meal is usually an unhealthy one to say the least. Over cooked food with high levels of fat, preservatives and other chemicals can form a charcoal-type substance. This then combines with the sugar in potato fries, creating cytokines which can cause inflammation and speed up the aging process, tread carefully by next time to get the urge for a big mac!
Muffins and fruit juices.

Why? A combo that offers lots of calories and little in terms of nutrition is why. Starting your day with this meal can lead to energy crashes and cravings by mid-afternoon that can make you cranky and stressed if you don’t get your fix. The lack of protein and fibre clashes with high sugar consumption and messed up blood sugar. If you really wish to have a muffin, go for a wholegrain variety and treat your body with some respect.

This list could go on forever with unhealthy food combinations, but now you know the basics you are one step closer to becoming a healthier person. The mind and body work in synergy, treat them both with respect and they will do the same for you.
A Lesson in Food Combining

Correct Food Combining

Proteins
- Nuts
- Cereals (whole grains)
- Dried Beans & Peas
- Olives
- *Dairy Foods
- Flesh Foods
- Sea Foods
- Eggs

Starches
- Potatoes
- Cereals (whole grains)
- Dried Beans & Peas
- Jerusalem Artichokes
- Hubbard Squash
- Pumpkin
- Chestnuts

Vegetables
- Mix well with either a protein OR a starch

Fruits
- Note: Fruits should never follow or be eaten with protein, starch or vegetable!
  Not all fruits should be combined with each other!
  *These substances not recommended but included for clarity

Dr. Bo's Smart Food Combining

Acid Fruits
- Fair
- Mixed with Fruits & Starches after 4 hours

Sub-Acid Fruits
- Fair
- Mixed with Fruits & Starches after 2 hours

Sweet Fruits (Alkaline)
- Good
- mixed with Fruits & Starches after 2 hours

Vegetables & Grains (Starch)
- Good
- mixed with Fruits & Starches after 2 hours

Vegetables & Pulses
- Good
- mixed with Fruits & Starches after 2 hours

Pulses
- Good
- mixed with Fruits & Starches after 2 hours

Dr. Bo's SMART FOOD COMBINING

*DO NOT COMBINE FOODS ACROSS THIS LINE*

Proteins
- Allow 4 hours before eating Fruit or Starches

Vegetables & Pulses
- Allow 4 hours before eating Fruit or Starches

Pulses
- Allow 4 hours before eating Fruit or Starches

Vegetables & Grains
- Allow 4 hours before eating Fruit or Starches

Dr. Bo's EXCEPTIONS

Tomatoes combine well with all foods, but fairly with Starches.
Lemons & Limes combine well with Acid Fruits, Sub-Acid Fruits & Vegetables.
Avocados combine well with all foods except Proteins & Melons.

Digestion is more difficult when proteins & starches are eaten within 3 hours of each other.
CORRECT FOOD COMBINING

MONOTROPHIC MEAL - ONE FOOD AT A MEAL IS THE IDEAL

PROTEINS → POOR → STARCHES

- NUTS
- CEREALS (WHOLE GRAINS)
- DRIED BEANS & PEAS
- OLIVES
- DAIRY FOODS
- FLESH FOODS
- SEA FOODS

GOOD → POTATOES

CEREALS (WHOLE GRAINS)
DRIED BEANS & PEAS
JERUSALEM ARTICHOKE
HUBBARD SQUASH
PUMPKIN
CHESTNUTS

GOOD → GREEN VEGETABLES

EXCEPT NUTS WITH ACID FRUITS

POOR → FRUITS

ACID → FAIR → SUB-ACID → FAIR → SWEET

- CITRUS FRUITS
- PINAPPLES
- PLUMS (SOUR)
- POMEGRANATES
- STRAWBERRIES
- SOUR FRUITS ETC.

- APPLES
- APRICOTS
- CHERRIES
- GRAPES
- MANGOES
- PAPAYAS
- PEARS, ETC.

- BANANAS
- DATES
- FIGS
- PRUNES
- RAISINS
- PERSIMMONS
- ETC.

POOR → FRUITS

AVOCADO - COMBINES WELL WITH ALL FOODS EXCEPT PROTEINS AND MELONS

TOMATOES - MAY BE TAKEN WITH NON-STARCHY VEGETABLES AND PROTEIN

MELONS - EAT THEM ALONE OR LEAVE THEM ALONE

* THESE SUBSTANCES NOT RECOMMENDED BUT INCLUDED FOR CLARITY

For more information, contact the International Foundation for Nutrition and Health, San Diego, CA 92109, (858) 488-8932
Visit our Website at WWW.IFNH.ORG for other books, audio/videos, and posters
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Simple Food Combining Rules

1. Empty Stomach
   - Best alone or with greens in salads or smoothies
   - EXCEPTION: Melons must be eaten alone or with other melons!

2. The Neutral Zone
   - These pair well with everything
   - EXCEPTION: Don’t pair them with melons!

3. Grains -n- Greens
   - Pair whole grains and starchy veggies with greens
   - Don’t pair them with proteins

4. Keep it Simple
   - Pair with greens or non-starchy veggies-no starches
   - No more than one protein at a time

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RULES OF THE STOMACH

1. Fluids alone (no more than 4oz. of fluid with a meal, or for two hours after a meal)
2. No coffee at meals (wait for 1.5 to 2 hours after or 1 hour before eating)
3. No milk with meals (wait for 1.5 to 2 hours after or 1 hour before eating)
4. Fruits alone (wait for 1.5 to 2 hours after or 1 hour before eating)
5. Melons alone (wait for 1.5 to 2 hours after or 1 hour before eating)
6. Small meal is better quality of nutrition not quantity
7. Slow meals Savor, enjoy, rejoice, and celebrate the meal
8. Eat for nutrition not for stimulation. Eat when hungry, not when bored
9. Rest comfortably after eating for at least 35 to 45 min to maximize stomach function
10. Make and eat food with love and kindness, no violent or negative emotions
11. No ant-acids
12. Do not sleep for 3 hours after eating.

The stomach is designed to separate out some bad items and reduce the foods with an acid bath to prepare the foods for electrical absorption in the small intestine. Eat too much, drink too much liquid, combine wrong foods, use ant-acids, and you hurt the stomach.

When the Stomach is not doing it’s job you get large undigested fats and proteins to build cells and all and every disease is now possible. You are what you eat and what you absorb
VEGETARIAN AMINO ACID COMBINATION

TO BALANCE PROTEIN NEEDS WITHOUT EATING MEAT
AMINO ACID COMBINATION TO BALANCE PROTEIN NEEDS WITHOUT EATING MEAT

The following list contains some recommended amino acid combinations, which when eaten together, balance protein needs without eating meat. Free amino-acids are found abundantly in sprouted seeds which activate and free the amino acids. Sprout any seeds or nuts to activate amino acids, and rotate the combinations in a three or four-day cycle.

**Combinations for total protein:**

- Almond/Buckwheat
- Almond/Cottage Cheese
- Almond/Soy
- Barley/Bean (Kidney)
- Barley/Cheese (Cheddar)
- Bean, Kidney/Millet
- Bean, Kidney/Sesame Seed
- Bean, Lima (Fresh)/Rice (Brown)
- Brazil Nut/Cheese (Swiss)
- Brazil Nut/Chickpea (Garbanzo Bean)
- Brazil Nut/Soy
- Buckwheat/Cashew
- Cashew/Pea (Dry)
- Cheese (Cream)/Peanut
- Oatmeal/Wheat Germ
- Rye/Lentil (Sprouts)
- "Trail Mix" (Almond/Cashew/Peanut/Coconut/Soy)
- Wheat Flour/Potato Flour and Sprouts
- Dates/Any Sprout or Leafy Vegetable
- Bean (String)/Carrot
- Beet/Any Bean

Ezekiel Flour (Wheat, Barley, Beans, Lentils, Millet and Spelt) strong reaction on the pituitary and pineal glands. Sprouting seeds will naturally handle this problem.

Cover seed products for 24 hours with a damp rag. Twenty-four hours of exposure to water washes away the enzyme inhibitors and the seeds will start to sprout, heightening the amino acids. These seeds do not need to visibly sprout. The whole process is now alive. The chemistry of the sprouted seeds are much more in tune for growth and the enzyme inhibitors are gone. After 24 hours, the seed products may be placed in the oven to dry. It is a good idea to always rotate seed products.

Not processed, but natural. Good sources of complex carbohydrates are fruits, vegetables and sprouted grains. Animal fats are the saturated fats. The body needs natural types such as, sunflower oil, linseed oil, sesame oil, etc. Olive oil is somewhere in the middle and coconut and palm oil have higher amounts...
A Lesson in Food Combining

of saturated fats than animal fats. Rotation of these fats are recommended. Amino acids can be destroyed or weakened by cooking. Their nutritional quality is lowered by excessive heat.

The Amino Acid Mineral Liquescence is used to supply free amino acids and for fatigued people due to amino acid deficiency. The Amino Acid Mineral Liquescence is a predigested form of natural amino acids and sea minerals. It is from a sprouted formula. In the sprouting formula, amino acids are more energetic. We need amino acids because we do not absorb protein in the intestinal track. We separate protein with enzymes into amino acids, then absorb the amino acids. Our real need is for amino acids, not protein.
A Lesson in Food Combining

WE DO NOT ABSORB PROTEIN WE ABSORB AMINO ACIDS

PROTEIN IS BROKEN DOWN INTO AMINO ACIDS FOR ABSORPTION WHEN WE CRAVE PROTEIN WE ACTUALLY CRAVE AMINO ACIDS

The liver regulates distribution of amino acids to the rest of the body.

In the stomach, pepsin breaks down proteins into fragments, called peptides.

Amino acids are absorbed from the small intestine into the bloodstream.

Protein-digesting enzymes are secreted from the pancreas into the small intestine.

A small amount of dietary protein is lost in the faces.

In the small intestine, a variety of enzymes break large peptides into smaller peptides, and then into individual amino acids.
A Lesson in Food Combining

Create a Complete Protein
...with these Food Combinations

- Whole grain (brown rice, chapatti etc.) + Lentils OR Whole grain + Nuts
- Beans + Whole grain OR Beans + Nuts
- Hummus + Whole grain

Can You Really Get Enough Protein And Nutrients In A Vegetarian Diet?

- The answer is a resounding Yes!
- There are many sources of low fat, low calorie vegetarian protein available in every grocery store around the world.
- There is tofu, chickpeas, soya milk, Seitan, lentils, tempeh, plus of course all the vegetarian mock meats on the market these days.
- From hamburgers to hot dogs to baloney, chicken, ham, etc... all are available as vegetarian substitutes that contain a fraction of the calories and fat without sacrificing taste.

- All you need is a vegetarian weight loss meal plan that will guide you through the learning curve in turning vegetarian.
A Lesson in Food Combining

**Complete Protein Guide for Vegetarians**

**Legumes**
- Edamame
- Chickpeas
- Black Beans
- Pinto Beans
- Split Peas
- Black Eyed Peas
- Lentils
- Lima Beans

**Nuts/Seeds**
- Almonds
- Cashews
- Brazil Nuts
- Pistachios
- Walnuts
- Pumpkin Seeds
- Sesame Seeds
- Flaxseed

**Grains**
- Whole Wheat Pita, Bread, Bun, Rice or Pasta

charlottegettingfit.tumblr.com
A Lesson in Food Combining

VEGETARIAN POWER!

12 PICKS FOR PLANT-BASED PROTEIN

<table>
<thead>
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<th>1 CUP</th>
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<td>WHOLE GRAINS (COOKED)</td>
<td>BEANS &amp; LEGUMES (COOKED)</td>
<td>NUTS &amp; SEEDS</td>
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<td>QUINOA 8G</td>
<td>LENTILS 16G</td>
<td>HEMP SEEDS 10G</td>
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<td>FARRO 8G</td>
<td>EDAMAME 17G</td>
<td>PUMPKIN SEEDS 9G</td>
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<td>BRUSSELS SPROUTS 4G</td>
<td>WHOLE WHEAT SPAGHETTI 7G</td>
<td>BLACK BEANS 15G</td>
<td>ALMONDS 6G</td>
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HOW MUCH PROTEIN DO YOU NEED?

RECOMMENDED DAILY ALLOWANCE FOR ADULTS

46G PER DAY FOR WOMEN
56G PER DAY FOR MEN

WHOLEFOODSMARKET.COM/HEALTHSTARTHERE
A Lesson in Food Combining

Top 10 Sources of Veggie Protein

**Where do you get your protein?**

(brought to you by The GIVE Project)

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Protein Percentage</th>
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<tbody>
<tr>
<td>Spinach</td>
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<td>Kale</td>
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<td>Broccoli</td>
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<tr>
<td>Cabbage</td>
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<td>Tomatoes</td>
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**Protein in Meat:**

<table>
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<th>Protein Source</th>
<th>Protein Percentage</th>
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<tr>
<td>Beef</td>
<td>25.8%</td>
</tr>
<tr>
<td>Chicken</td>
<td>23%</td>
</tr>
<tr>
<td>Eggs</td>
<td>12%</td>
</tr>
</tbody>
</table>

Eat at least Five servings of fruits and Vegetables a day, use Vegetables as the Center of the Meal

Remember to chew your food, Fruits alone, Fluids alone, and Melons alone. Make Vegetable and Fruit juice part of your daily Wellness Healthy Regime

Remember: do not eat foods boiled in oil, get good cold processed vegetable oils and thus good Fatty acids, not trans or cooked or animal oils. Eat only Levulose (fructose fruit sugars) not Dextrose (Cane, Corn, Potatoe, Grape sugar). Wellness is your Reward.
IMUNE
International
Medical University
of Natural Education

Desire is the Professor of Medicine at IMUNE. IMUNE is an accredited and legally registered medical university in Europe.

Since 1995 IMUNE has been offering medical education in a variety of subjects to defend and perpetuate Natural Medicine. There are many small minded people being driven by the SYNthetic chemical companies to destroy Natural Medicine as a viable choice in Medicine. IMUNE has offices in Switzerland, Mexico, Dubai, Budapest, England, and the British Virgin Islands. The small petty minded pıcayune minions of the chemical companies constantly attack with their anal retentive biased short sided views.

We must fight for freedom of choice and especially freedom of choice on medicine.

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