

# Food Combining Table

**Rule #1:** Eat Fruit First or on an Empty Stomach. Fruit combines well with a little goat's sheep's yogurt, nuts and seeds and fats like avocado and coconut oil.

**Rule #2:** Melons are best eaten alone. Do not mix with any other food or fruit.

**Rule #3:** Never mix the starch meal column with the protein meal column.

**Rule #4:** Eat lots of different coloured vegetables especially lots of leafy greens.

**Rule #5:** Wait 20mins after fruit to eat a meal. Wait 2-3 hrs after starch meal and 3-4 hrs after protein meal to eat fresh fruit.

Starch (carbohydrate) Meals	Neutral Foods	Protein Meals
<b>Animal Protein</b>		
		Meats of all kinds Fish Shellfish- prawns, mussels, calamari, octopus Chicken Turkey Game Eggs Cheese (not processed) Yogurt Milk (use organic)
<b>Cereals/ Grains</b>		
<b>Cereals/grains:</b> Amaranth Barley Buckwheat Maize Millet Quinoa Rice Rye Wild rice All cereal products except seitan	Wheat bran/germ Oat bran/germ	Seitan
<b>Pulses/Legumes - Dried Beans/Peas/Lentils</b>		
<b>Pulses/Legumes:</b> Aduki beans Black-eyed beans Canellini beans Chick-peas Flageolet beans Haricot beans Lentils: green, brown, red Marrow fat peas Mung beans Peanuts Pinto beans Red kidney beans		Soya/soy beans

<b>Split peas</b>		
<b>Nuts and Seeds</b>		
<b>Chestnuts Tiger nuts (peanuts – see above pulses)</b>	All nuts and seeds except those under ‘Starch’ Nut/seed butters/spreads/tahini Almonds, pecans, walnuts, Brazil nuts, pistachios, hazelnuts, pine nuts, macadamia nuts, cashew, sunflower seeds, pumpkin seeds, sesame seeds, flaxseeds, chia seeds, coconut.	All nuts and seeds except those under ‘Starch’ Nut/seed butters/spreads/tahini Almonds, pecans, walnuts, Brazil nuts, pistachios, hazelnuts, pine nuts, macadamia nuts, cashew, sunflower seeds, pumpkin seeds, sesame seeds, flaxseeds, chia seeds, coconut.
<b>Dairy Products/Fats and Oils</b>		
<b>Ice-cream – if made with cream/egg yolks and other ‘starch’ or neutral ingredients</b>	Butter/ buttermilk Cream –all types Cream cheese Egg yolks Ice-cream if made with from cream and flavoured with other natural ingredients from ‘neutral’ meals. Oils – olive/nut/seed unrefined Ghee	Milk – goat’s, sheep’s Yogurt – goat’s, sheep’s natural and unsweetened Ice-cream – made with cow’s/goat’s/sheep’s milk or cream (if milk based in moderation only) Cheese – cow’s, goat’s, sheep’s natural – not processed.
<b>Sugars and Sweeteners</b>		
<b>All the following in moderation: Raw, unprocessed honey Maple syrup Blackstrap molasses Malt extract Date syrup Carob syrup Barley syrup</b>	Currants Raisins Sultanas Coconut desiccated/creamed Vanilla pod essence Almond essence Rose essence Orange essence Peppermint essence	Honey * Maple syrup* *use sparingly
<b>Fruits – Fresh and Dried</b>		
<b>Bananas – fresh very ripe and dried Plantain Figs – fresh and dried Dates – fresh and dried Papaya – fresh very ripe and dried Pears – fresh very ripe and dried Grapes – sweet varieties only and very ripe</b>	Currants Raisins Sultanas Olives – green only	All fresh fruits except those under ‘starch’ Apples Apricots Blueberries Cherries Grapefruit Grapes Lemons Mangoes Oranges Peaches Pears Plums Prunes Raspberries Strawberries

		<p>Melons – best eaten alone as a fruit meal</p> <p>Plums/prunes/cranberries/rhubarb in moderation</p> <p>Gooseberries and currants – black/red/white – only if ripe</p> <p>Olives – black only</p>
<b>Vegetables/Sea Vegetables</b>		
<p><b>Potatoes</b></p> <p><b>Sweet potatoes</b></p> <p><b>Pumpkin</b></p> <p><b>Winter Squashes</b></p> <p><b>Jerusalem artichokes</b></p> <p><b>Corn/Sweet corn</b></p> <p><b>Chinese water chestnuts</b></p> <p><b>Yams</b></p> <p><b>Kuzu</b></p>	<p>All vegetables except those under ‘Starch’</p> <p>Fresh corn – only if picked, cooked and eaten within 24hrs.</p> <p>Tomatoes – raw and dried</p> <p>Sea Vegetables / Seaweeds</p>	<p>Tomatoes cooked</p>
<b>Salad Foods</b>		
<p><b>Tomatoes – raw only</b></p>	<p>All salad foods including sprouted seeds/pulses/grains avocado</p>	
<b>Soy Products</b>		
<p><b>Soya/soy milk (Avoid)</b></p>	<p>Soya/soy bran</p>	<p>Soya/soy beans</p> <p>Tofu, Tempeh, Miso, Tamari, shoyu</p>
<b>Flavourings</b>		
<p><b>Fresh vegetable stocks containing ‘starch’ vegetables</b></p> <p><b>Carob powder/flour</b></p>	<p>Salt/pepper</p> <p>All herbs and spices – fresh or dried</p> <p>Fresh vegetable stocks made without ‘starch’ vegetables or tomatoes</p> <p>Vegetable bouillon/ stock cubes/pastes/powders/liquids/ yeast extract</p> <p>Tomato juice – fresh uncooked</p> <p>Miso/tamari/shoyu</p> <p>Lemon rind / orange rind</p> <p>Coconut/vanilla pod</p> <p>Various essences –see</p> <p>Sugars and sweeteners table</p>	<p>Tomato-cooked</p> <p>Tomato puree/paste</p> <p>Tomato juice-tinned/vacuum packed</p> <p>Umemboshi plums</p> <p>Apple cider vinegar</p> <p>Rice vinegar</p>
<b>Drink Combinations</b>		
<p><b>Coffee/tea – strict moderation – sugar and milk*</b></p> <p><b>Cereal coffee substitutes</b></p> <p><b>Chocolate/cocoa* made with water/ cream or very diluted</b></p>	<p>Water</p> <p>Dandelion coffee</p> <p>Herbal teas</p> <p>Tomato juice – fresh</p> <p>Vegetable juices – fresh/cooked/vacuum</p>	<p>Coffee/tea – strict moderation – sugar and milk*</p> <p>Non-cereal coffee substitutes</p> <p>Lemon tea</p> <p>Fruit teas- unsweetened</p> <p>Tomato juice</p>

<b>milk</b> <b>Carob drinks</b> <b>rice milk</b> <b>oat milk</b> <b>quinoa milk</b>	packed/bottled Nut and seed milks e.g. almond milk	Fruit Juices – fresh or packed <b>(Avoid)</b> Milk –cow’s /goat’s/sheep’s/soya <b>(Avoid)</b> Kefir/airani
<b>Alcoholic Drinks</b>		
<b>All in strict moderation:</b> <b>Beer, lager, ale, stout</b> <b>Wine – sweet</b> <b>Liqueurs – sweet</b> <b>Sake</b>	All in strict moderation: Gin Rum Vodka Whiskey Brandy	All in strict moderation: Wines-dry Cider – dry Liqueurs – dry



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