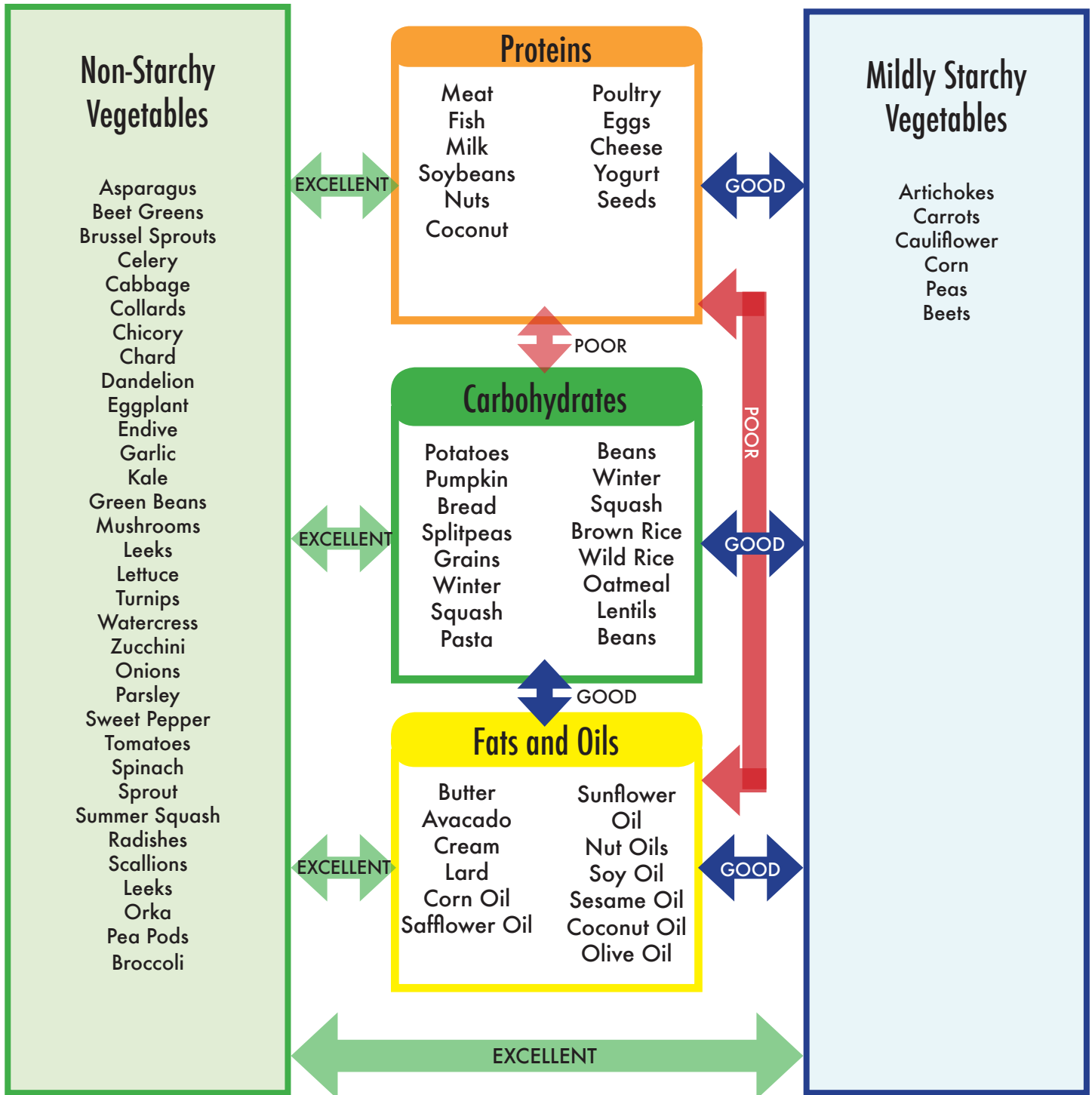


Food Combining Chart for Good Digestion



Fruits are best when eaten separte from other foods on an empty stomach.
It is best to eat Melons and sweet fruits seperately.

ACID FRUITS		SUB ACID FRUITS		SWEET FRUITS	MELONS
Lemon	Grapefruit	Apples	Peaches	Bananas	Cantaloupe Honeydew Watermelon
Lime	Blackberries	Pears	Sweet Plums	Rasins	
Orange	Strawberries	Cherries	Kiwi	Grapes	
Raspberries	Kumquart	Nectarines	Apricots	Dried Fruits	
Pomegranet	Sour Plums	Tart Grapes	Fresh Figs	Figs	
Pineapple	Sour Apples	Mangoes	Papaya	Dates	
			Huckleberries		