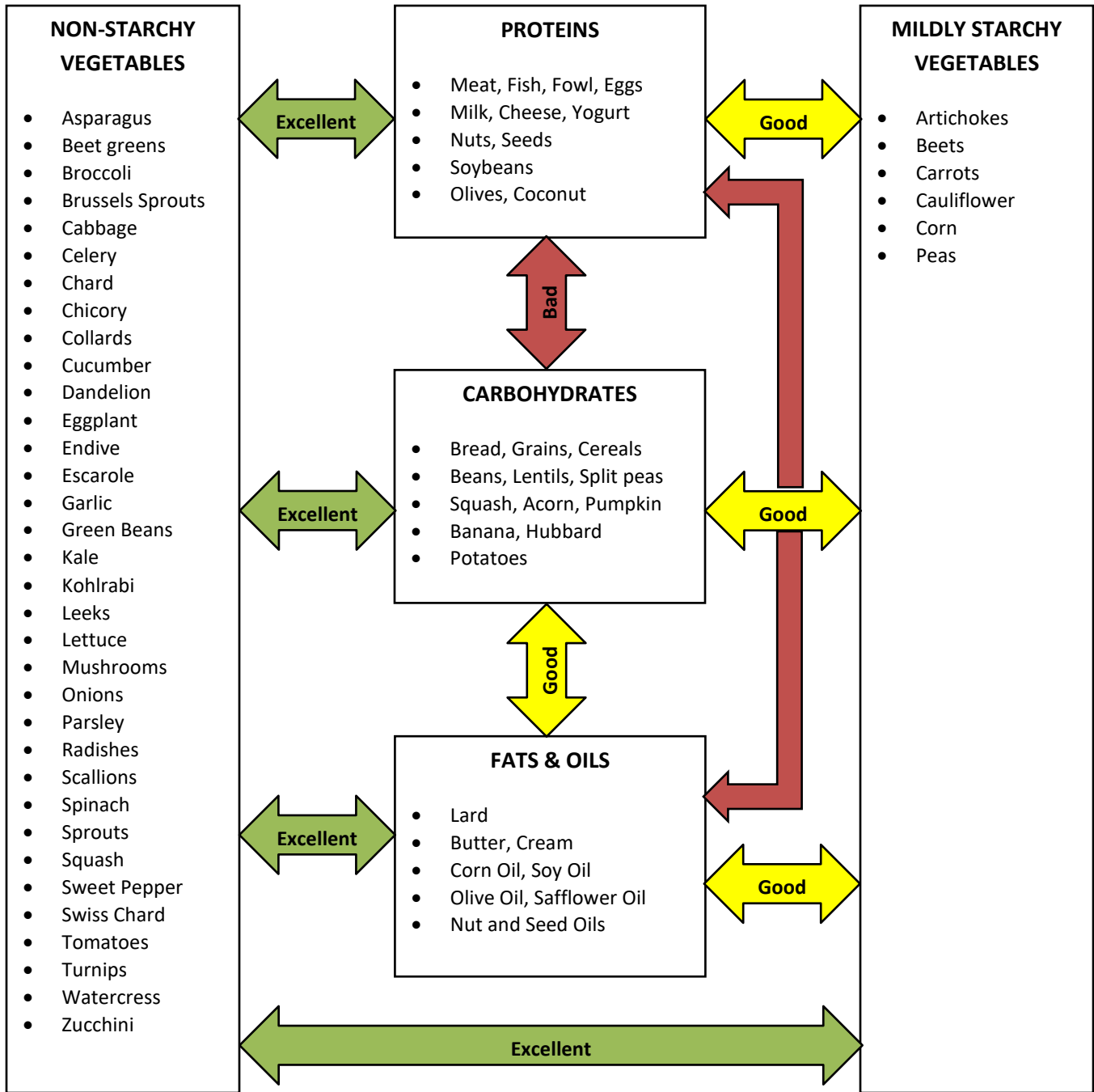


# Food Combining Chart



Fruit are best eaten separate from other foods on an empty stomach. It is best to eat melons and sweet fruits separately. Fruit makes an awesome breakfast and energetic start to the day.

ACID FRUITS	SUB ACID FRUITS	SWEET FRUITS	MELONS
<ul style="list-style-type: none"> <li>Lemon, Lime</li> <li>Orange, Tangerines</li> <li>Raspberries, Strawberries, Blackberries</li> <li>Pineapple, Grapefruit</li> <li>Pomegranate, Kumquat</li> <li>Sour Plums, Sour Apples</li> </ul>	<ul style="list-style-type: none"> <li>Apples, Pears</li> <li>Peach, Nectarines</li> <li>Tart Grapes, Mangoes</li> <li>Huckleberries, Sweet Plums</li> <li>Kiwi, Apricots, Cherries</li> <li>Papaya, Fresh Figs</li> </ul>	<ul style="list-style-type: none"> <li>Bananas, Dates</li> <li>Raisins, Grapes</li> <li>Prunes, Figs</li> <li>Dried Fruits</li> </ul>	<ul style="list-style-type: none"> <li>Cantaloupe</li> <li>Honey Dew</li> <li>Watermelon</li> <li>Casaba</li> <li>Musk</li> <li>Persian</li> <li>Grenshaw</li> </ul>