

FOOD COMBINATION



after eating fruit, allow at least 30 minutes before eating other foods.

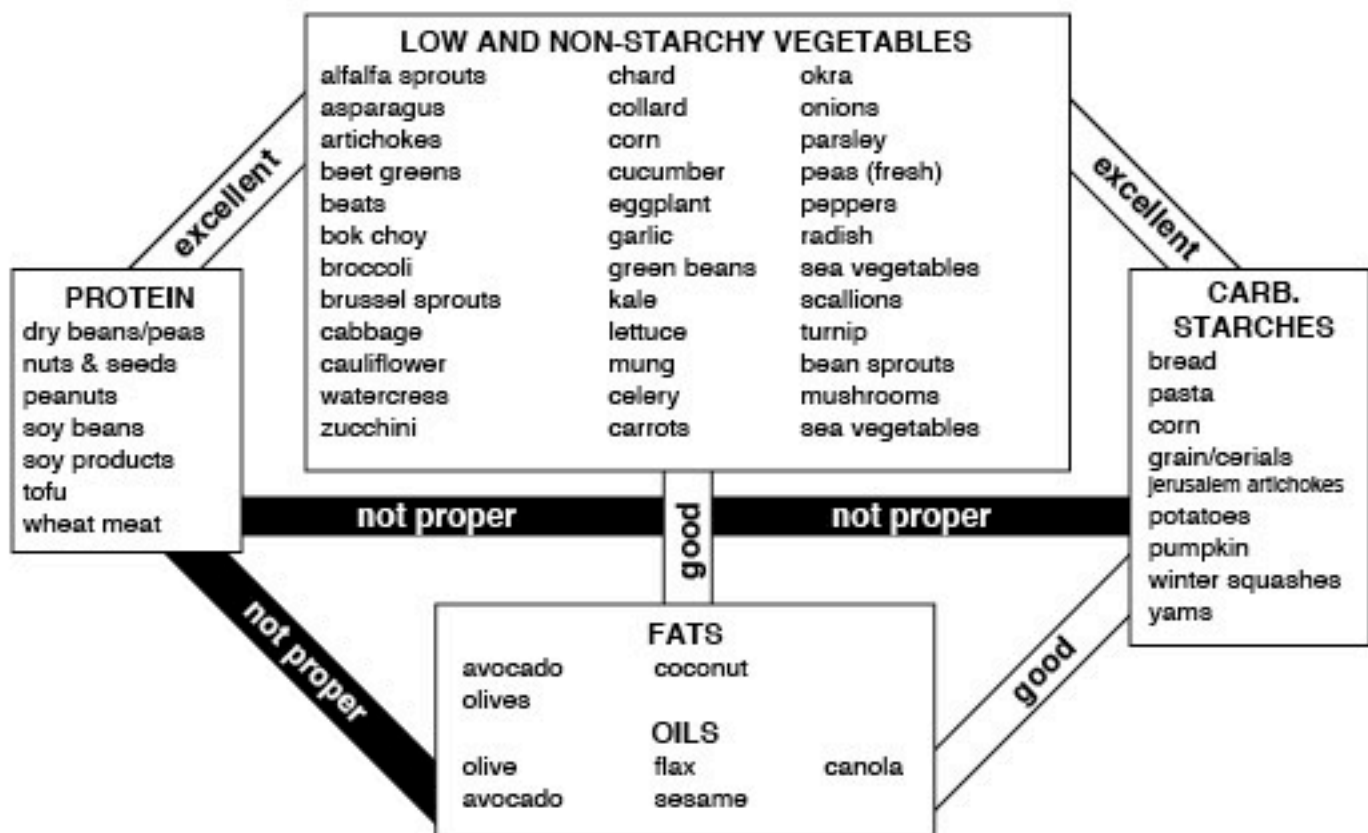
MELONS

cantaloupe	muskmelon
cassaba	persian
crenshaw	sharfyn
honeydew	watermelon

EAT MELONS ALONE

avoid eating fruit for at least 3 hours after eating other foods

DO NOT COMBINE FOOD ACROSS THIS LINE



FATS

avocado	coconut
olives	

OILS

olive	flax	canola
avocado	sesame	

EXCEPTIONS

avocado combine well with acid & sub-acid fruits, vegetables, & tomatoes.
 tomatoes combine well with non-starchy vegetables, avocados, nuts and seeds.
 soaked or sprouted nuts and seed can be combined with fruits,