

Food combining and Classification of Foods according to carbohydrate content

VEGETABLES Select from the 3% and 6% vegetables when combining with protein. (The rest are starch)

3 %	6 %	15 %	20 %	25 %
asparagus	beans, string	artichokes	beans, dried	rice
bean sprouts	beets	beans, kidney	beans, lima	kumara
beet greens	Brussels sprouts	parsnips	chickpeas	yams
broccoli	carrots	peas, green	corn	
cabbage	chives	pumpkin	lentils	
	cucumber		potatoes	
cauliflower	dandelion greens			
celery	eggplant			
lettuce	kale			
mushrooms	leeks			
mustard greens	onions			
radishes	parsley			
sauerkraut	peppers, red			
spinach	turnips			
tomatoes				
turnip greens				
water cress				

FRUIT eat alone and 1 hour **before** other food, not after.

rhubarb	apricots	apples	bananas
strawberries	blackberries	blueberries	figs
watermelon	cranberries	cherries	prunes
	currants	grapes	
	gooseberries	loganberries	
	grapefruit	mangoes	
	guava	mulberries	
	melons	pears	
	limes	pineapple	
	oranges		
	papayas		
	peaches		
	plums		
	raspberries		
	tangerines		

PROTEIN

meat, fish, poultry, cottage & ricotta cheese, yoghurt.
Eggs seem to combine ok in baking

FATS

cheddar cheese, nuts, seeds, chocolate, butter, oils

GRAINS are starch (do not eat with protein)

Whole meal wheat, rye, millet, barley, amaranth, cornmeal, rice, quinoa. Buckwheat is actually a seed.

Avocado, Olives, Seed Oils

Neutral foods and go well with anything

Melons

Eat on their own, or leave alone