

Food Combining Chart

	PROTEINS	STARCHES	FATS/OILS	VEGGIES (NON-STARCHY)	FRUITS	SUGARY FOODS
PROTEINS	✓	✗	✓	✓	✗	✗
STARCHES	✗	✓	✓	✓	✗	✗
FATS/OIL	✓	✓	✓	✓	✗	✗
VEGGIES (NON-STARCHY)	✓	✓	✓	✓	✗	✗
FRUITS	✗	✗	✗	✗	✗	✗
SUGARY FOODS	✗	✗	✗	✗	✗	✗

PROTEINS

Beef
 Chicken
 Cheese
 Eggs
 Fish
 Lamb
 Legumes
 Nut butters
 Nuts
 Tofu/tempeh
 Pork
 Seeds
 Turkey
 Yoghurt

STARCHES

Bananas
 Bread
 Cereals
 Flour products
 (e.g. biscuits, cakes etc.)
 Grains
 (e.g. rice, wheat, corn, barley, rye, pasta etc.)
 Lentils

FATS/OILS

Butter
 Coconut
 Flaxseed
 Olive
 Peanut
 Sesame
 Udo's 3-6-9

FRUITS

Apples
 Apricots
 Bananas
 Berries
 Kiwi fruit
 Lemons/limes
 Passionfruit
 Rockmelon
 Papaya
 Rhubarb

VEGGIES

All vegetables and sprouts
 EXCLUDING starchy vegetables
 e.g. potato, sweet potato,
 beetroot, pumpkin, corn, peas.

SUGARY FOODS

Biscuits
 Cakes
 Chocolate
 Honey
 Jams
 Soft drink