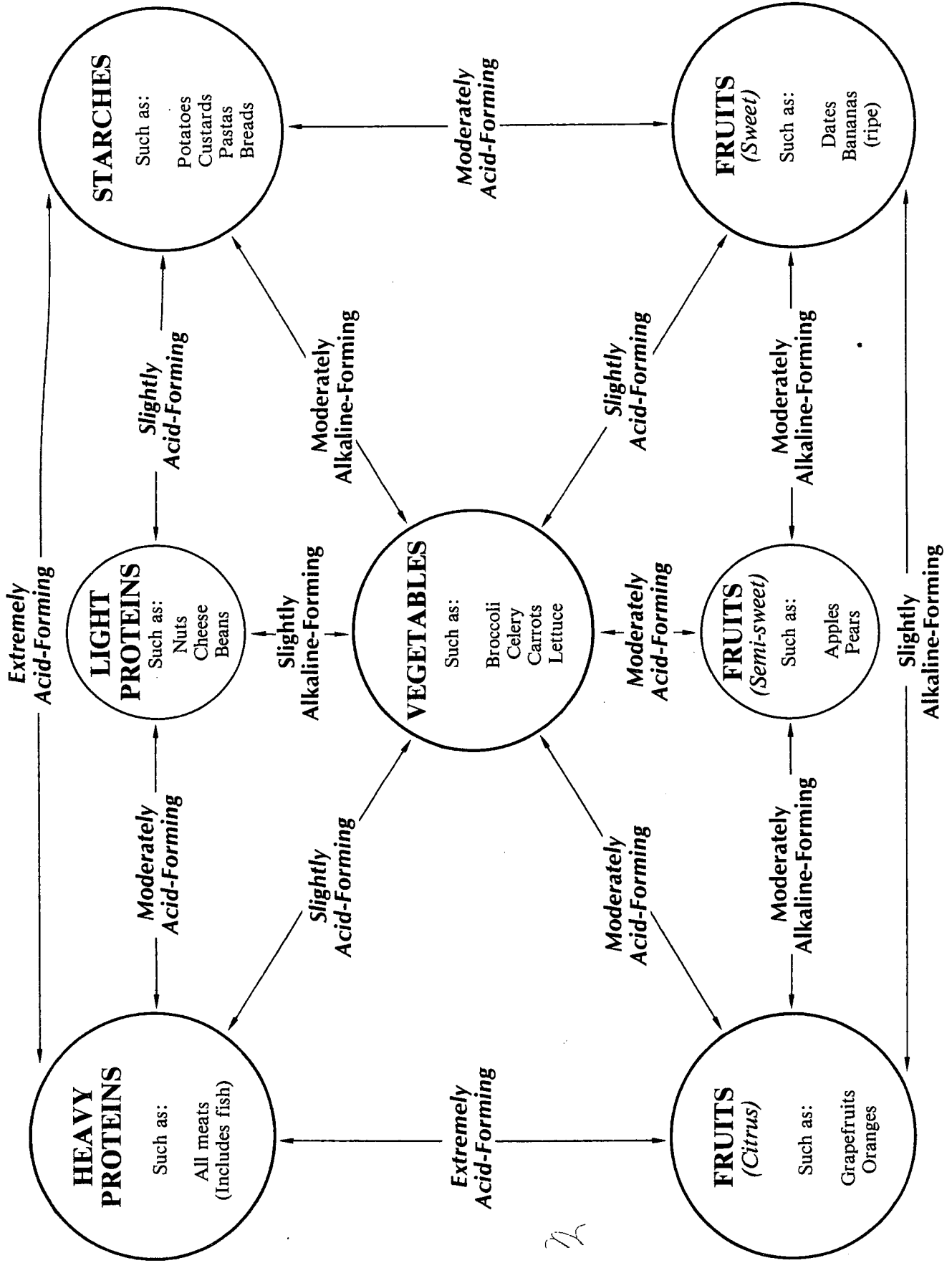
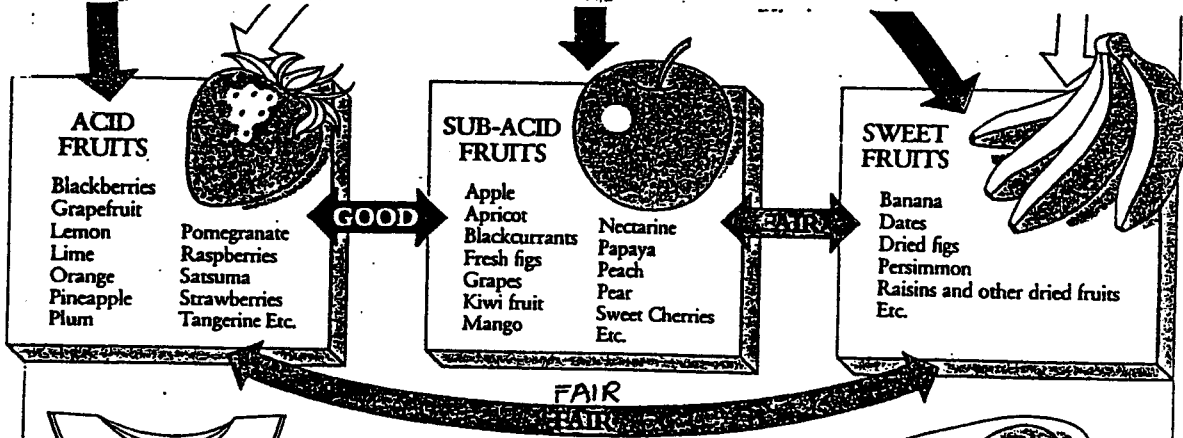
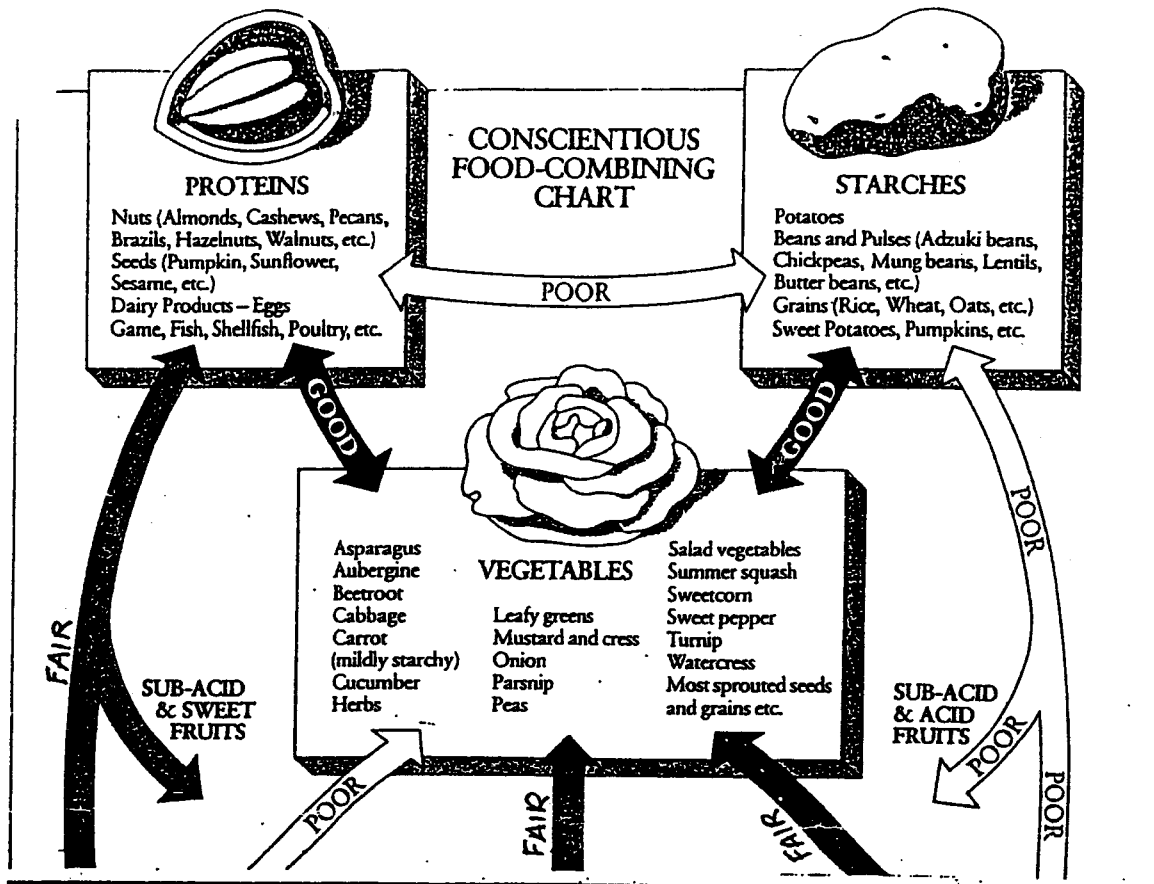


ALKALINE-ACID FOOD COMBINING



For a more complete list of each of these food categories, refer to Chapter 8, *Foods and Their Values*.



MELONS

(eat on their own or leave alone)
Cantaloupe Honeydew Watermelon
Crenshaw Ogen Etc.

COMBINATIONS

	Fruit & Starch Protein & Starch
	Leafy greens & Acid fruits Leafy greens & Sub-acid fruits Protein & Acid fruits
	Avocado & Acid or Sub-acid fruits Avocado & Leafy vegetables Protein & Leafy greens Starch & Vegetables Oils & Leafy greens Oils & Acid or Sub-acid fruits

NEUTRAL FOODS

(they go well with anything)
Avocado Olives Seed oils

RECOMMENDATION

Make meals of one or two combinations, especially of one protein or one starch with one or two vegetables

RECOMMENDATION

All juices can be mixed because they are liquid and can be absorbed by the body within half an hour