FOR GOOD DIGESTION
Here's How To Combine Your Food

Combine Poorly
(allow 3 hours between foods that combine poorly)

Proteins*
- Avocado
- Goat Whey
- Mature Coconut
- Soaked Nuts
- Soaked Seeds

Combining Poorly

Good

Vegetables
Combine well with either a protein or a starch

Mildly Starchy Vegetables
- Artichokes
- Beets
- Carrots
- Cauliflower
- Corn
- Peas

Excellent

Fats & Oils
Avocado, Coconut, Flax
Grapeseed, Olive, Saffron,
Safflower, Sunflower Oils

Excellent

Carbohydrates
- Beans
- Jicama
- Legumes
- Lentils
- Potatoes
- Pumpkin
- Quinoa
- Millet
- Sweet Potatoes
- Squash
- Young Coconut

Good

Poor

Good

Tomatoes
Combine well with non-starchy vegetables and Proteins

Exceptions
Avocados, coconut water, lemons and limes can be combined with starches OR fresh fruit OR dried fruit.

Fruits
Fresh fruits are best eaten alone or within their group as a meal or snack on an empty stomach because they digest quickly. However most fresh fruit can be consumed with raw leafy greens in salads or smoothies.
Vegetables, proteins or carbohydrates can be eaten 45 minutes after fruits, while fruit should only be eaten 3 hours after consuming these foods for good digestion.

Acid
- Blackberry
- Citrus Fruits
- Pineapple
- Plum (sour)
- Pomegranate
- Raspberry
- Strawberry
- Sour Fruits

Sub-Acid
- Apples
- Apricot
- Blueberry
- Cherries
- Grape
- Kiwi
- Mango
- Peach
- Pear

Sweet
- Bananas
- Currants
- Dates
- Figs
- Papaya
- Persimmons
- Prunes
- Raisins

Melons
- Always best to be eaten Alone!
- Cantaloupe
- Casaba
- Crenshaw
- Honeydew
- Persian
- Watermelon

Exceptions
Bananas can be consumed with any fresh fruit OR with nuts, seeds and dried fruit. Dried fruits also combine well with nuts.
ariseandshine.com 1-800-688-2444

*This chart is designed to be a reference guide for cleansing, therefore eggs, dairy, fish and meat are not included. However, they are all considered proteins.