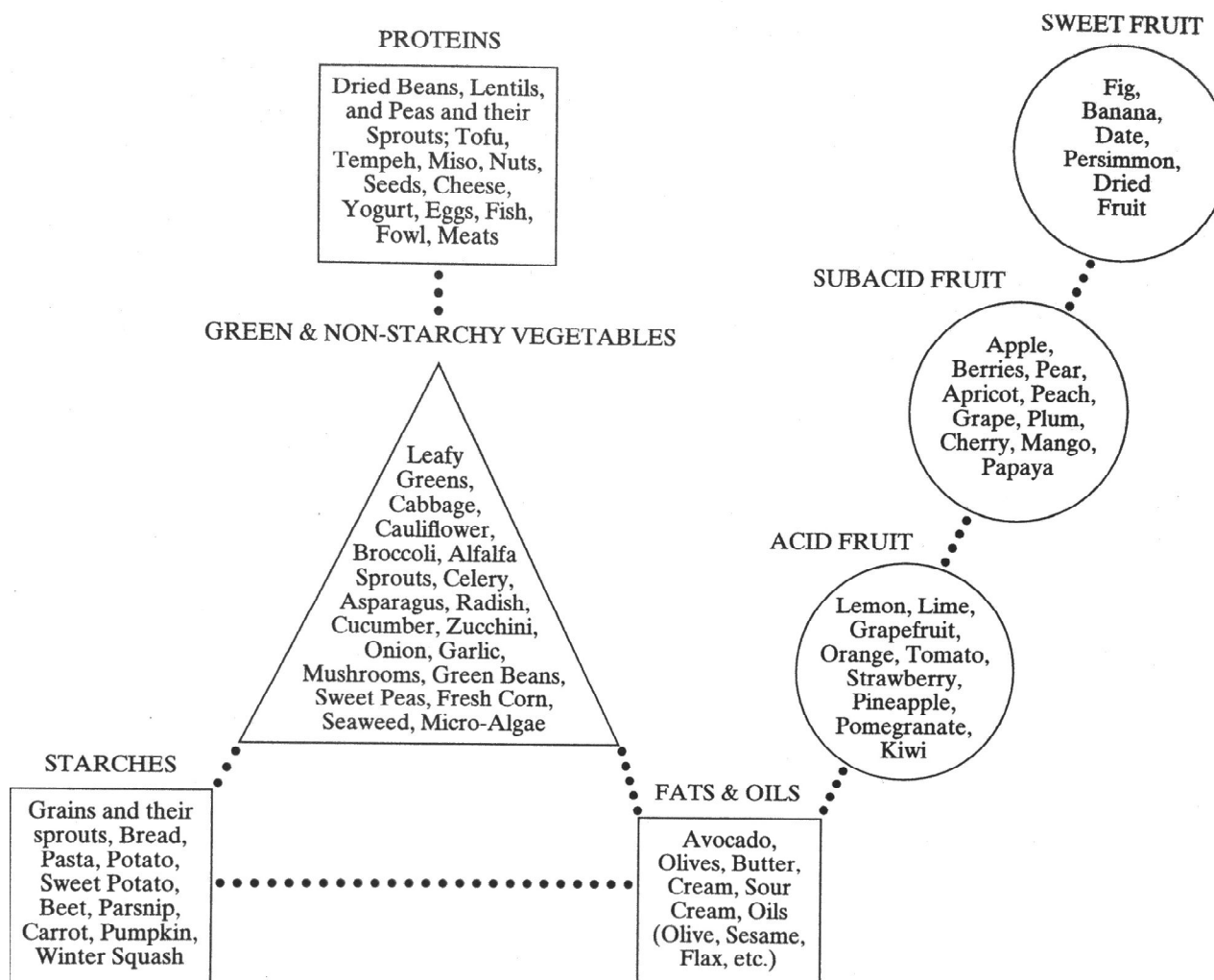


Oriental Medicine

Eastern Nutrition by LinkedYin

Food-Combining for Maximum Digestibility (Plan B) **



FOODS THAT CAN BE COMBINED AT A MEAL ARE *DIRECTLY* CONNECTED BY A DOTTED LINE.*

Restrictions and Special Combinations:

- At most take either one protein or one starch per meal.
- Take melons alone.
- Take milk alone.
- Lemon, lime, and tomato (which are acid fruits) combine well with green and non-starchy vegetables.
- Lettuce and celery (which are green vegetables) combine well with all fruits.
- Nuts, oil-rich seeds, cheese, yogurt, kefir, and other fermented dairy foods (which are high-fat proteins) combine well with acid fruits.

***Examples:** Either proteins or starches combine well with green and non-starchy vegetables, but not at the same meal (no dotted line between starches and proteins); likewise, sweet and acid fruits do not combine well with each other.

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