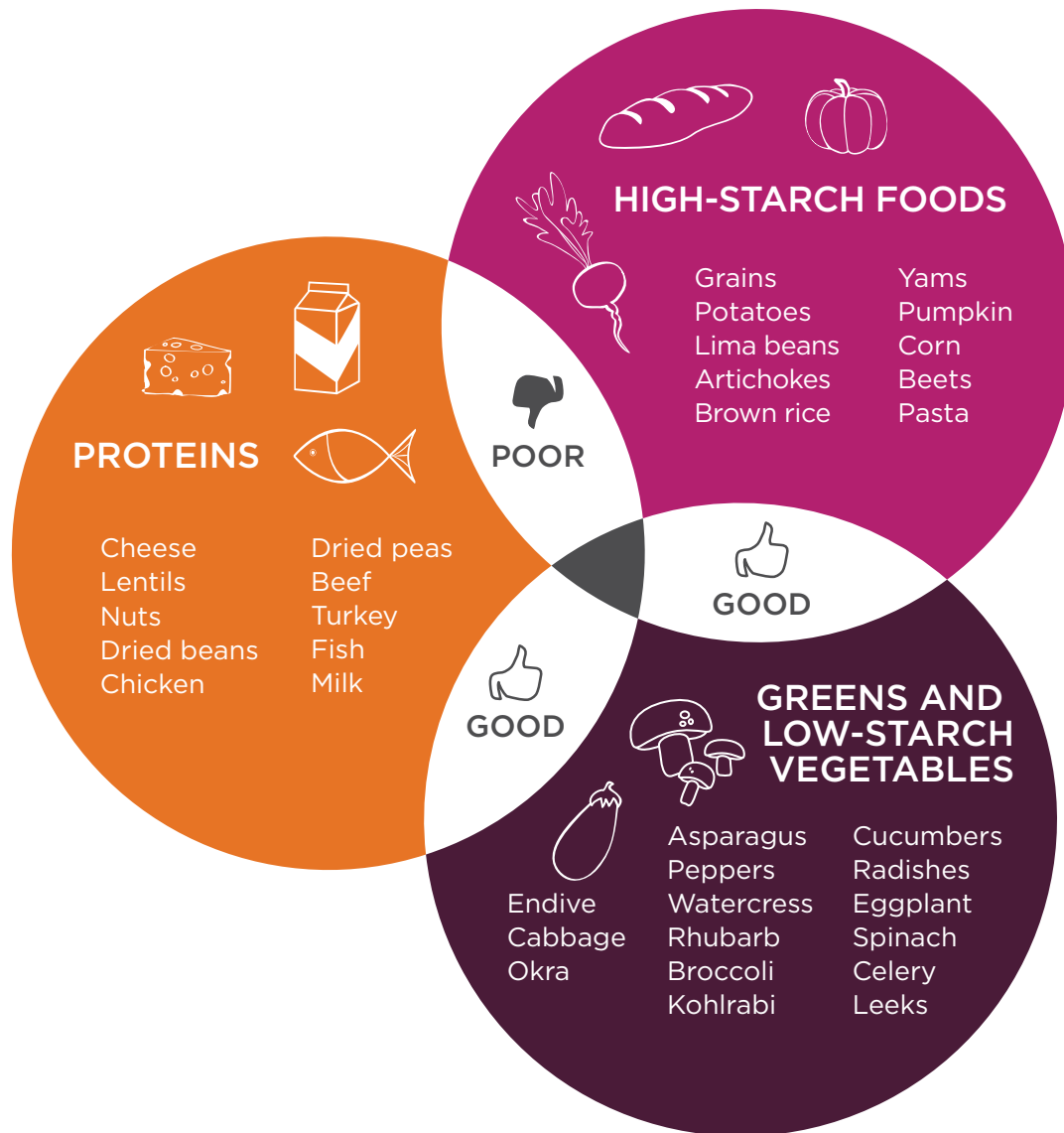


# FOOD COMBINING SIMPLIFIED

According to the rules of food combining, one food per meal is ideal for optimal digestion. A combination of several foods at a meal should be in accordance with the chart below.



Avocados are best combined with low-starch vegetables



Choose one kind of fruit at a time, and avoid mixing fruits



Only eat fruit for breakfast or in the morning



Tomatoes may be combined with low-starch vegetables

Adapted from HSU & Co. [www.hsu.com](http://www.hsu.com)