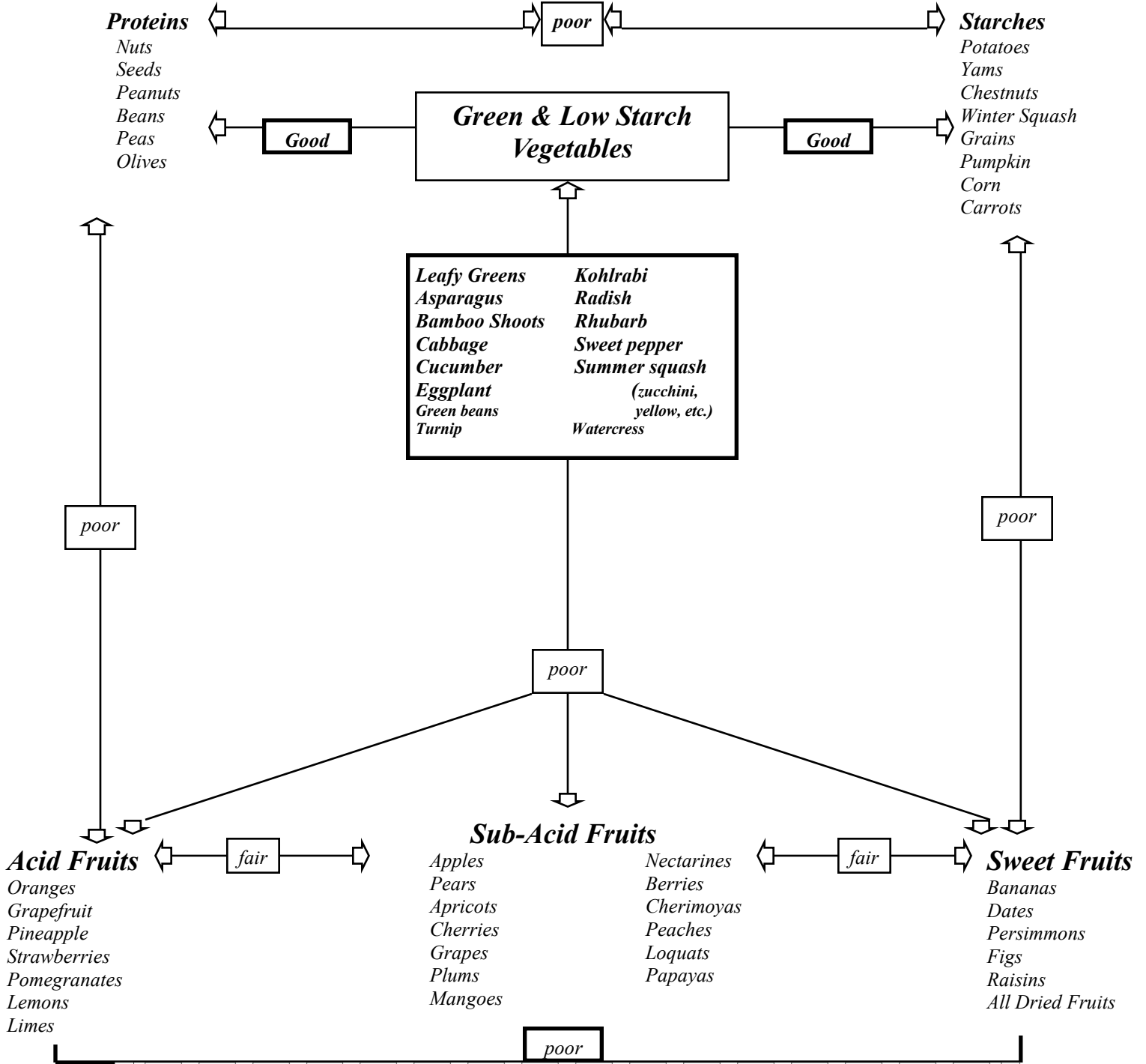


# FOOD COMBINDING CHART



*Avocados best eaten with sub-acid foods or green leafy vegetables*  
*Eat only one concentrated protein food at a meal.*  
*Tomatoes may be combined with non-starchy vegetables and proteins or avocados.*  
*Fruits should be eaten first as a meal, unmixed with other foods except lettuce and /or celery.*