

FOOD COMBINING CHART

*Palm Springs Life
Extension Institute*

**STREAMLINING DIGESTION ENERGIZES & STRENGTHENS YOUR
ENTIRE BODY & PROMOTES WEIGHT LOSS!!!**

- * Proteins and starches eaten together will spoil in the stomach.
- * Eat proteins as a main meal with vegetables/salad.
- * Eat starches as a main meal with vegetables/salad.
- * Eat fruits alone on an empty stomach.
- * Let 20-30 minutes elapse after eating fruit before eating other foods.
- * Three hours should elapse after eating other foods before eating fruit again.

