Fruits are best when eaten separate from other foods on an empty stomach. It is best to eat melons and sweet fruits separately. Fruit makes an awesome breakfast and an energetic start to the day.

<table>
<thead>
<tr>
<th>ACID FRUITS</th>
<th>SUB ACID FRUITS</th>
<th>SWEET FRUITS</th>
<th>MELONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lemon</td>
<td>Apples</td>
<td>Bananas</td>
<td>Cantaloupe</td>
</tr>
<tr>
<td>Orange</td>
<td>Pears</td>
<td>Raisins</td>
<td>Honey dew</td>
</tr>
<tr>
<td>Raspberries</td>
<td>Cherries</td>
<td>Grapes</td>
<td>Watermelon</td>
</tr>
<tr>
<td>Pineapple</td>
<td>Tart Grapes</td>
<td>Dried fruits</td>
<td>Casaba</td>
</tr>
<tr>
<td>Blackberries</td>
<td>Huckleberries</td>
<td>Figs</td>
<td>Musk</td>
</tr>
<tr>
<td>Kumquat</td>
<td>Kiwi</td>
<td>Dates</td>
<td>Persian</td>
</tr>
<tr>
<td>Sour apples</td>
<td>Papaya</td>
<td></td>
<td>Crenshaw</td>
</tr>
<tr>
<td></td>
<td>Peach</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Food Combining Chart for Good Digestion**

- **Non-Starchy Vegetables**
  - Asparagus
  - Beet greens
  - Broccoli
  - Brussels sprouts
  - Cabbage
  - Celery
  - Chard
  - Chicory
  - Collards
  - Cucumber
  - Dandelion
  - Eggplant
  - Endive
  - Escarole
  - Garlic
  - Green beans
  - Kale
  - Kohlrabi
  - Leeks
  - Lettuce
  - Mushrooms
  - Onions
  - Parsley
  - Radishes
  - Scallions
  - Spinach
  - Sprouts
  - Squash
  - Sweet Pepper
  - Swiss chard
  - Tomatoes
  - Turnips
  - Watercress
  - Zucchini

- **Proteins**
  - Meat
  - Fish
  - Milk
  - Soybeans
  - Nuts
  - Olives
  - Fowl
  - Eggs
  - Cheese
  - Yogurt
  - Seeds
  - Coconut

- **Carbohydrates**
  - Potatoes
  - Bread
  - Grains
  - Beans
  - Lentils
  - Cereals
  - Pumpkin
  - Split peas
  - Squash
  - -Acorn
  - -Banana
  - -Hubbard

- **Fats & Oils**
  - Butter
  - Cream
  - Corn Oil
  - Olive Oil
  - Safflower Oil
  - Sunflower Oil
  - Avocado
  - Lard
  - Nut Oils
  - Soy Oil
  - Sesame Oil

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

- **Excellent**
  - Fruits are best when eaten separate from other foods on an empty stomach. It is best to eat melons and sweet fruits separately. Fruit makes an awesome breakfast and an energetic start to the day.