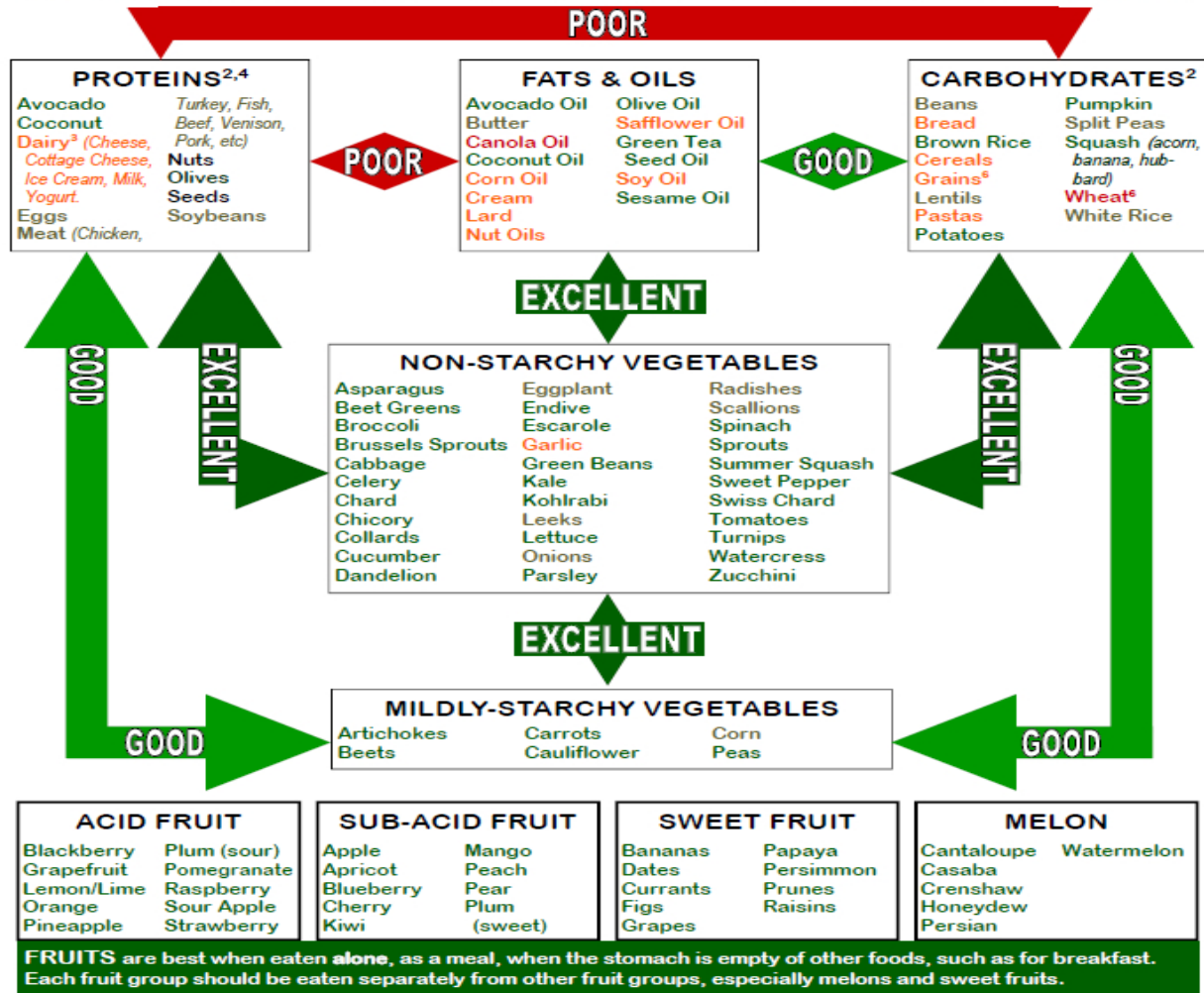


# Food Combinations & Choices

Color-coding: Green means recommended, red means discouraged. Shades between indicate points on sliding scale.



## NOTES

1. ALSO REFER TO ALKALINE/ACID FOODS CHART
2. Carbohydrates and Proteins should never be eaten together, or during the same meal period.
3. Milk and other dairy products are discouraged for human consumption (Exception: mother's breast milk is highly recommended for babies of the same species!)

4. Concentrated proteins are unnecessary. Use as a condiment, not as main course. In any case, eat no more than one each meal.
5. Garlic has been reported to produce adverse side effects, and should be considered for medicinal use only.
6. Good when sprouted to vegetable state before consumption.
7. "All things in moderation, including moderation." Socrates
8. This information may be copied and distributed freely.