



Key:  
 \_\_\_\_\_ These routes are commonly OK  
 ..... Either/or. Sometimes OK

**Food Combining**  
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 to Jimmy Scott)  
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### GENERAL RULES

Treat grains, beans and peas as separate items.

Dairy does not mix with fruit (eg fruit yoghurt not OK).

Fruits can be high or low acid depending on the variety eg Morello cherry is acid, sweet cherry low acid.

Fresh pineapple is acid, dried is sweet.

Melons – virtually sub – acid.

Nuts – high protein (Peanuts are legumes therefore high starchy).

Butter and raisins OK on potatoes.

Milk should be whole (not skimmed, and Un - pasteurised).

Most margarine and shortening is toxic. Butter is safest.

Low starch is often not OK with high starch.

Low acid, sweet fruits are OK with starchy veg.

Low starchy veg go with sub-acid fruits.

Acid fruits OK with protein.

High protein OK with low starchy foods.

It is usually correct to eat many more times in the day eg perhaps 10 meals, keeping foods separate. As long as there is about 45 mins between each meal, there will be no need to think about food combining. Eg meal 1: rice with veg. Meal 2: Melon. (Obviously each meal should contain less than the usual meal!)

Water – spring or filtered OK to drink with meals but not too much (half a cup of liquid with one and a half cups of food).

Salt. Most people need MORE but it has to be sea salt, without any chemicals added.

Oils. Coconut oil is best to cook with. All bottled oils are rancid (therefore not good). Olive and sesame are best.(More whole)

# Foods Composition - Starches

## Low Starchy: (Up to 17gm carbohydrate per 100gm.)

Milk:	Cream (double and single); liquid- whole, skimmed, condensed, sweetened; evaporated; yoghurt, natural.
Cheese:	Cheddar; cottage; spread; Feta, Brie.
Meat:	Bacon; beef; black pudding, fried chicken (15gm); corned beef; ham; kidney; lamb; liver luncheon meat; pate; pork; sausage (15gm); turkey.
Fish:	White; cod; fish fingers (16.1gm); herrings; mackerel; pilchards; tuna; prawns.
Eggs:	Fresh.
Fats:	Butter; lard; margarine; cooking and salad oil.
Vegetables:	Aubergines; beans- baked, runner, soya; beetroot; brussels sprouts; cabbage; cauliflower; celery; courgettes; cucumber; lettuce; mushrooms; onion; parsnips; peas - frozen, boiled; peppers; spinach; sweetcorn; tomatoes, fresh; turnips; watercress.
Fruit:	Apples; avocado pear; blackcurrants; cherries; gooseberries; grapes; grapefruit; lemon juice; mango; melon; oranges; orange juice; peaches; pears; pineapple, canned in juice; plums; raspberries; rhubarb; strawberries.
Nuts	Almonds; coconut.
Puddings:	Bread and butter pudding (16gm); custard (16.7g).
Beverages:	Cocoa powder; coffee; carbonated 'ades; tea.
Alcoholic:	Beer; spirits; wine; cider.
Misc:	Marmite; soy sauce; tomato soup; salad cream

## High Starchy (17gm+)

Milk:	Dried, skimmed; yoghurt, low fat.
Meat:	Steak and kidney pudding.
Preserves etc:	Chocolate, milk; honey; jam; marmalade; sugar; syrup; peppermints.
Vegetables:	Beans, red kidney; lentils; peas, canned processed; potatoes, crisps, chips, roast, sweet; yam.
Fruit:	Apricots, canned in syrup, dried; bananas; dates; figs; prunes, dried; sultanas.
Cereals:	Biscuits of all types, bread of all types, cornflakes; weetabix; muesli; cream crackers; crispbread, rye; flour, white and wholemeal; oats; rice; spaghetti; cakes, buns.
Puddings:	Apple pie; cheesecake; ice cream, dairy; rice pudding; trifle.
Beverages:	Chocolate, drinking; squash, undiluted.
Misc:	Curry powder; tomato ketchup; pickle, sweet.

Information from "Manual of Nutrition" Ministry of Agriculture, Fisheries and Food.  
HMSO Stationery Office.

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