

### Digestive Classification and Food Combining Guidelines

Acid Fruits	All citrus, sour fruits, berries, etc.; Apple, cherry, grape, mango, papaya, peach, pear, pineapple, plum, pomegranate, etc. (basically all fruits except bananas, dates, and figs); Cooked tomato; <b>Combine with any foods except Carbohydrates.</b> <b>Raw tomatoes and plain raisins or raisin syrup can be combined with any other foods.</b> *Dried fruit with sugar, fruit in syrup or with sugar added, fruit jams/jellies with sugar are <b>Sweets</b> .*		
	Vegetables	Non-starchy veggies including all flowering veggie fruits, stems, and leaves, leafy greens and root veggie tops, herbs and pungents, and sea vegetables... Referred to as "greens" herein, regardless of color; <b>Combine with any other foods.</b>  Low-starch veggies like small peas, fresh-picked sweet corn, and baby lima beans; All root veggies including carrot, beet, turnip, jicama, rutabaga, kohlrabi, parsnip, radish, parsley root, salsify, etc... Referred to as "low-starch veggies" herein; <b>Combine with any other foods.</b> *Sweet corn must be served within 24 hours of picking or else it is a <b>Starch</b> .*	
Nuts		All seeds, most nuts (almond, cashew, hazelnut, macadamia, pistachio), and their flours; All mushrooms; Plant milks (soy, almond, coconut, rice, flax, hemp); <b>Combine with any other foods.</b>	
Concentrated Carbohydrates	Starches	High-starch veggies including potato, yam, pumpkin, winter squashes (butternut, acorn, spaghetti, etc.), and Jerusalem artichoke... Referred to as "starchy veggies" and included in "starchy foods" and "carbs" herein; Combine with Fats, Vegetables, or Nuts; <b>Avoid with Milks, Proteins, or Acid Fruits</b> (okay with raw tomato).  All grains and grain products; All beans except baby lima, soy or green/string beans; Lentils; Large or dried peas; Peanuts and chestnuts; Combine with Fats, Vegetables, or Nuts; <b>Avoid with Milks, Proteins, or Acid Fruits</b> (okay with raw tomato).	
	Sweets	Sweet fruits (bananas, dates, and figs); Combine with Fats, Vegetables, or Nuts; <b>Avoid with Milks, Proteins, or Acid Fruits</b> (okay with raw tomato).  Pies, cakes, cookies, candy, chocolate, pudding, ice cream, other desserts; Any food or drink with added sugar, corn syrups, or other concentrated or artificial sweeteners; Most alcohols count here, too; <b>Avoid or strictly limit intake</b> ; Combine with Fats, Vegetables, or Nuts; <b>Avoid with Acid Fruits, Proteins, or Milks.</b> *Use Tupelo honey, agave nectar, or stevia where possible to avoid acid-producing sugars.*	
Concentrated Proteins	Plant: Soy beans and solid soy products (tofu, edamame, soy nuts/flour/pasta); <b>Combine with any foods except Carbohydrates or Milks</b> (okay with gelatin).  Animal: Whole eggs/egg whites; All flesh and organ meats (fish, chicken, beef, pork, liver, head cheese, etc.); Most cheeses. <b>Combine with any foods except Carbohydrates or Milks</b> (okay with gelatin).		
Fats	Avocado, olives, coconut, oils; Brazil nuts, pine nuts, walnuts, and pecans; Butter, cream, sour cream, cream cheese, egg yolk, bacon, suet; <b>Combine with any other foods</b> ; Use in small quantities with all meals. *Best choices for eating with Carbohydrates to control blood glucose.*		
Milks	Goat or cow milk, acidophilus milk, buttermilk, soy or dairy yogurt; <b>Combine with any foods except Carbohydrates or Proteins.</b> Gelatin; <b>Combine with any foods except Carbohydrates.</b>		
Key	Alkali-forming foods	Acid-forming foods	Neither acid- nor alkali-forming

For more detailed food charts packed with Regenerative Eating tips, substitutions lists, examples and reminders, order my [Tools for Success](#).

For best results, eat compatibly—consistently—with lots of green, some yellow, and very little red each day.

This list is categorized and color-coded to help classify intake using my Microsoft Excel-based [Food Diary](#).

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