

Digestive Classification and Food Combining Guidelines

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|----------------------------|--|--|----------------------------------|
| 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; Combine with any foods except Carbohydrates. Raw tomatoes and plain raisins or raisin syrup can be combined with any other foods. *Dried fruit with sugar, fruit in syrup or with sugar added, fruit jams/jellies with sugar are Sweets .* | | |
| | 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; Combine with any other foods. 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; Combine with any other foods. *Sweet corn must be served within 24 hours of picking or else it is a Starch .* | | |
| Nuts | All seeds, most nuts (almond, cashew, hazelnut, macadamia, pistachio), and their flours; All mushrooms; Plant milks (soy, almond, coconut, rice, flax, hemp); Combine with any other foods. | | |
| 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; Avoid with Milks, Proteins, or Acid Fruits (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; Avoid with Milks, Proteins, or Acid Fruits (okay with raw tomato). | |
| | Sweets | Sweet fruits (bananas, dates, and figs); Combine with Fats, Vegetables, or Nuts; Avoid with Milks, Proteins, or Acid Fruits (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; Avoid or strictly limit intake ; Combine with Fats, Vegetables, or Nuts; Avoid with Acid Fruits, Proteins, or Milks. *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); Combine with any foods except Carbohydrates or Milks (okay with gelatin). Animal: Whole eggs/egg whites; All flesh and organ meats (fish, chicken, beef, pork, liver, head cheese, etc.); Most cheeses. Combine with any foods except Carbohydrates or Milks (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; Combine with any other foods ; 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; Combine with any foods except Carbohydrates or Proteins. Gelatin; Combine with any foods except Carbohydrates. | | |
| 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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