

Food Combining Chart

A gentle guide for sensitive digestion, not a rule book. See how it goes for you.



Fruit on its own and on an empty stomach. Melons and durian alone, even among fruit.

Protein and starch in separate meals.

Non-starchy vegetables go with almost anything. Potatoes, pumpkin and corn count as starches.

Leafy greens, lemon, lime, herbs and spices go with everything, fruit included.

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This is a guide, not advice. See how it sits with you, and if you are working with a practitioner on how you eat, read it with them.