

# FOOD COMBINING FOR YOUR HEALTH AT THE WOLFE CLINIC

## SWEET FRUITS

Best Combined With Celery & Lettuce  
Do Not Use With Acid Fruits



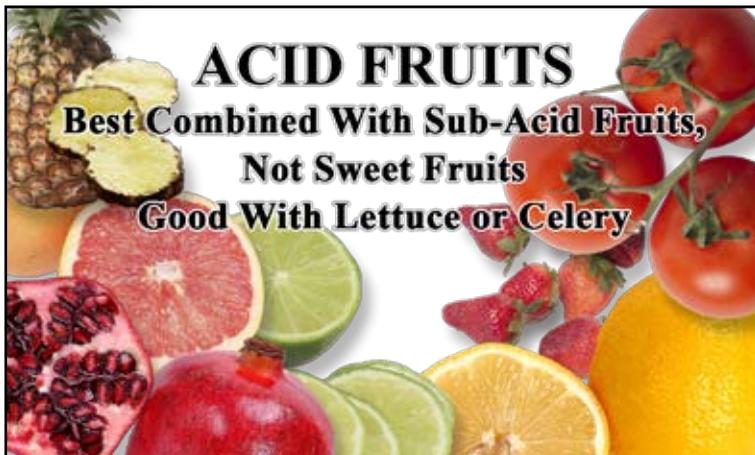
## SUB-ACID FRUITS

Combine With Acid or Sweet Fruits,  
Not Both  
Good With Lettuce or Celery



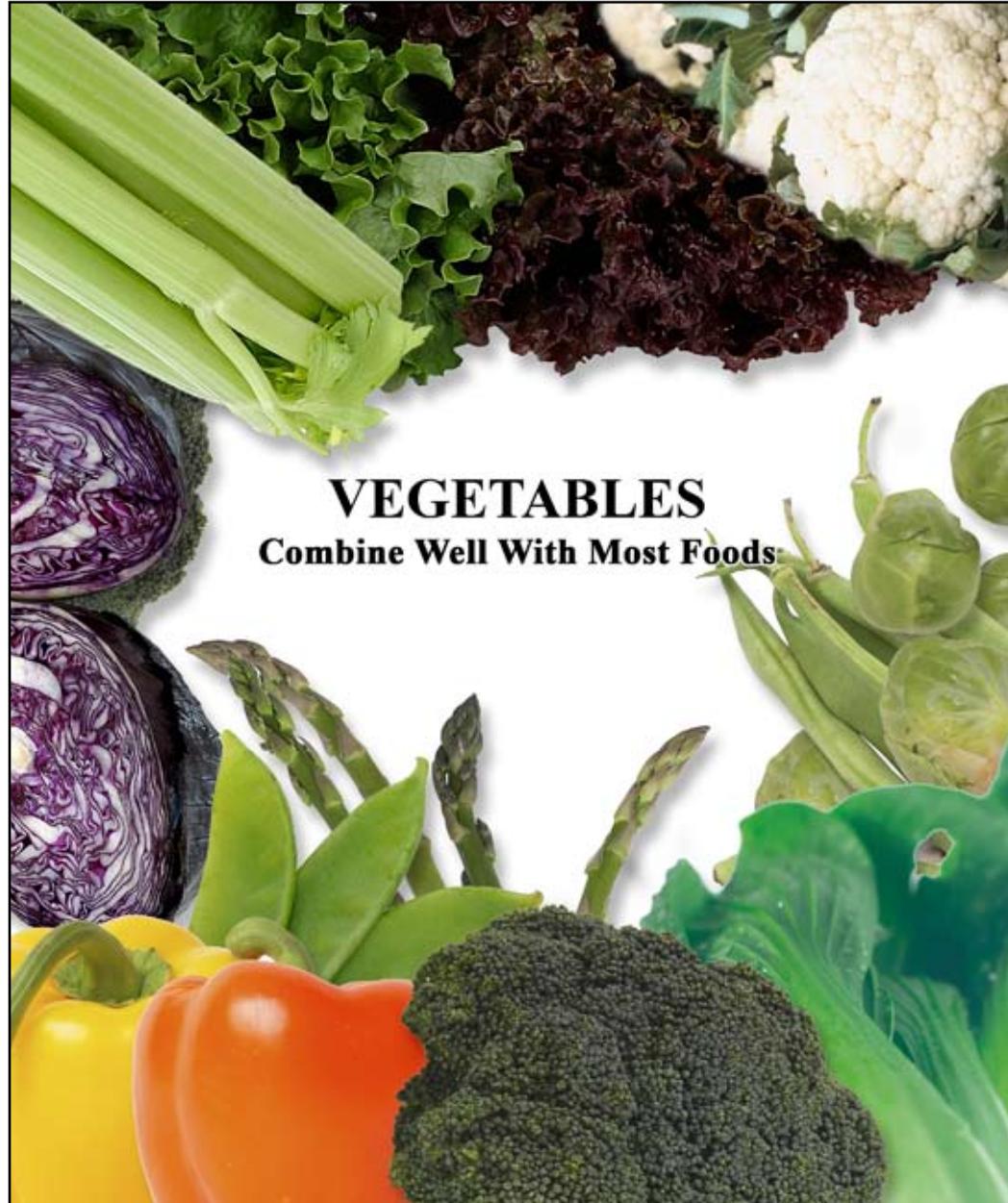
## ACID FRUITS

Best Combined With Sub-Acid Fruits,  
Not Sweet Fruits  
Good With Lettuce or Celery



## VEGETABLES

Combine Well With Most Foods



## PROTEINS

Best Combined With Salads  
Do Not Use With Sugar & Starches



## STARCHES

Best Combined With Green Salads  
Do Not Use With Proteins & Fruit



## MELONS

Do Not Combine With Other Foods  
Best Eaten Alone



# Guide to PROPER FOOD COMBINING

## The Reason For Proper Food Combining is To Make Digestion Easier and More Efficient!

Food combining is based on the theory that different food groups require different digestion times. In addition, the principles of food combining are dictated by digestive chemistry. Different foods require different digestive enzymes to aid in the digestive process: some acid, some alkaline. For this reason, correct food combinations are important for proper utilization and absorption of the nutrients in our diet. For example; most protein foods require an acid digestive environment for proper digestion, whereas most carbohydrates will only digest properly in an alkaline environment. The proper combining of foods leads to good digestion and ultimately to better health. Remember, the simpler the meal the better you feel.

### Proteins

Protein foods are those that contain a high percentage of protein in their makeup. Most protein foods require an acid digestive medium. Among these are the following:

- All Animal Protein\* (except fish) - Animal protein foods include beef, pork, chicken, lamb, duck, game, etc.
- Dairy products\* (cheese, butter, milk)
- Nuts, Seeds
- Dry Beans, Dry Peas
- Soy Beans
- Peanuts
- Olives
- Eggs
- Avocados

### Carbohydrates

Carbohydrates are starches and sugars. These foods are broken up into three distinct groups or classifications: Starches, Sugar and Sweet Fruits.

### Starches

- All bread products
- All cereals
- Dry Beans, Dry Peas
- Potatoes
- Pumpkin
- Yams
- Chestnuts
- Squash
- Corn
- Coconut (Coconuts are a starch/protein combination and also a saturated fat)

### Sweet Fruits

- Bananas
- Dates
- Figs
- Raisins
- Prunes
- Persimmons
- Dried Fruits

### Sugars

- Pure Maple Syrup\*
- Pure Honey\*
- Mildly Starchy
- Carrots
- Rutabaga
- Beets
- Artichokes
- Parsnips

\*These foods are not recommended but are included for clarity.

## General Principles Of Food Combining:

### Main Guidelines:

1. Avoid eating proteins with carbohydrates. Protein foods require an acid medium for digestion whereas most carbohydrates will only digest properly in an alkaline setting.
2. Salads combine very well with proteins or starches. Non starchy vegetables may be combined with proteins or starch. Green, leafy vegetables combine very well with most other foods and should form the major part of one's daily diet.
3. Do not consume starch and sugars together.
4. Eat melons alone. They do not combine with other foods.
5. Avoid desserts. Eaten after meals, desserts simply sit in the stomach and ferment. Bacteria turn them into alcohols, acetic acids and vinegars.
6. Sprouts/Grains: The best way to eat grains is as sprouts. When grains are sprouted, they come alive with enzymes and oxygen. They become a pre-digested food. Other seeds and legumes may be sprouted as well.

7. Chew all food until it is close to liquid in consistency. We can easily assimilate foods which are the most liquefied.
8. Water: Alkaline water should be consumed throughout the day. Do not allow your thirst to build up and always avoid dehydration. Water should not be consumed in a large amount at one time. It is better to have a smaller, but continual, flow of water throughout the day for proper assimilation and detoxification. Water is important; therefore, make it the best quality you can. Avoid distilled and chlorinated water for health's sake. Use only a chemical free, clean, restructured and alkalizing water.

### Other Important Rules:

1. Eat acids and starches during separate meals. Acids neutralize the alkaline medium required for starch digestion resulting in indigestion.
2. Avoid eating carbohydrates with acid fruits. This combination may neutralize the enzymes needed for proper digestion.
3. Eat only one kind of protein food during a meal. Do not consume two proteins of different character and composition (such as nuts and cheese) during the same meal.
4. Eat proteins and acid foods during separate meals. The acid foods inhibit the secretion of the digestive acids required for protein digestion. Undigested proteins putrefy in bacterial decomposition and produce some potent toxins.
5. Do not consume fats with proteins. Our need for fat is small and most protein foods already contain a great amount of fat. Fat has an inhibiting effect on digestive secretions and lessens the amount and activity of pepsin and hydrochloric acid necessary for the digestion of protein.
6. Do not combine sweet fruits with proteins, starches or acid fruits. The sugars in sweet fruits are apt to ferment if digestion is delayed by mixing with other foods.
7. Use fats sparingly. Fats inhibit the secretion of gastric juice. With the exception of avocado, fats used with starch result in delayed digestion. Though not a high protein food, avocados contain more protein than milk. They are high in fat and the small percentage of protein they contain is of exceptional biological value. They are best used with a salad meal. Avocados should never be used with nuts, which are also high in fat. Fats other than nuts and avocados are not recommended for regular use.

8. Acid fruits may be used with subacid fruits. This combination is best made with less sweet, subacid fruits. Never use acid fruits with sweet fruits. Tomatoes should not be combined with subacid fruit or with any other kind of fruit.
9. Subacid fruits may be used with sweet fruits. It is best to use the sweeter varieties of subacid fruits when making this combination. For people with poor digestion, bananas are best eaten alone.
10. Combine fruit only with lettuce and celery. These uncooked vegetables with a fruit meal may even enhance digestion of the fruit. Avoid over ripe fruit.
11. Eat only one concentrated starch food during a meal.
12. Milk is best consumed alone.
13. Do not rush or eat "on-the-go". This will only worsen any digestive problem. Take time with your meals.

### Spices & Condiments

- Salt
- Pepper
- Vinegar
- Oils
- Garlic
- Radishes
- Mustard
- Cranberry Sauce

All other condiments are irritants and should be avoided.

### Other Non-Recommended Foods

- Cranberries
- Rhubarb
- Over Ripe Fruits
- Bitter Vegetables



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