

# MARILU HENNER'S FOOD COMBINATION CHART

**DO NOT COMBINE**

## STARCHES

potatoes - carrots  
parsnips - corn - winter squash  
grains  
(barley, buckwheat,  
dried corn, oats,  
rice, wheat, rye)  
pasta  
bread  
brown rice  
wild rice

## LEGUMES

(may be combined  
with grains, pasta,  
bread to make  
complete protein)  
beans - peas  
tofu - peanuts

## PROTEINS

poultry - fish  
meats\* - cheese - milk - yogurt  
& other dairy products\*  
eggs - nuts\*\* - seeds

\* I do not recommend dairy or meat.  
However, I've included these for clarity.

\*\* Nuts are part protein, part fat &  
may be eaten as both. When  
eaten as a snack, always  
combine with an  
acid fruit.

## VEGETABLES

cabbage - kale  
lettuce - celery  
sprouts - artichokes  
mushrooms - string beans  
green peas - green beans  
red, yellow, & green peppers  
cucumber - cauliflower  
broccoli - spinach  
tomatoes

**OK TO  
COMBINE**

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## OIL & FATS\*

butter - margarine  
all oils (including olive,  
vegetable, safflower)  
avacados  
olives - coconuts

\* Oils and fats combine with all  
foods, but should be used  
sparingly because they  
slow the digestive  
process.

**DO NOT COMBINE FOODS ABOVE AND BELOW THIS LINE**

## SWEET FRUITS

bananas - plantains  
dates - persimmons  
figs - prunes  
raisins - dried fruits  
DO NOT COMBINE  
WITH OTHER  
FOODS

## ACID FRUITS

grapefruits  
oranges - lemons  
limes - kiwis  
strawberries  
cranberries  
pineapple

## SUB-ACID FRUITS

apples - apricots  
blackberries - plums  
peaches - cherries  
pears - raspberries  
mangos - nectarines  
grapes - papayas

## MELONS

cantaloupe - honeydew  
watermelon - casaba  
christmas - crenshaw  
DO NOT COMBINE  
WITH OTHER  
FOODS

**OK TO  
COMBINE**

## WHAT IS FOOD COMBINING?

When I was in high school, the only science class I ever liked was chemistry. I love putting different things in a test tube and watching them change. Understanding FOOD COMBINING is a lot like chemistry class. Think of your stomach as a beaker. When you put starches like bread, rice, potatoes or corn into the beaker it requires an alkaline base in order to digest it. If you put in proteins like fish, chicken, eggs, or nuts, it requires an acid base in order to digest. If you know anything about chemistry, you know what happens when you mix an acid with an alkaline — they NEUTRALIZE each other. When you eat foods that are starchy with foods that are protein, they don't digest. Instead, they rot and ferment. It is this spoiled, undigested food that is then passed on to your intestine. A lifetime of this eventually leads to health problems and digestive distress.

FOOD COMBINING, first discovered by a medical doctor in the early 1890s, explains how to eat foods that don't FIGHT each other for digestion. By following this simple chart and the written guidelines, along with my tips, you will learn which foods can be combined for the most efficient, healthy digestion.

## THE BASIC RULES OF FOOD COMBINING

Do NOT eat proteins and starches together. Your body requires an acid base to digest proteins and an alkaline base to digest starches. Proteins and starches combine well with green, leafy vegetables and non-starchy vegetables, but they do not combine well with each other.

Do NOT mix fruit with proteins, starches or any kind of vegetable. Fruits digest so quickly that by the time they reach your stomach they are already partially digested. If they are combined with other foods, they will rot and ferment. Always eat fruit by themselves.

Melons digest faster than any other food. Therefore, you should NEVER eat melons with any other food, including other fruits. Always eat melons on their own.

Do NOT mix acid and/or sub-acid fruits with sweet fruits at the same meal. Acid fruits, such as grapefruits, pineapple and strawberries can be mixed with sub-acid fruits such as apples, grapes and peaches, but neither of these categories can be mixed with sweet fruits such as bananas, dates or raisins.

Eat only four to six different vegetables or fruits at one meal.

Fats and oils combine with everything (except fruits) but should be used in limited amounts because they won't inhibit digestion, but they will slow it down.

Wait the following lengths of time between meals that don't combine:

- 2 hours after eating fruit
- 3 hours after eating starches
- 4 hours after eating proteins

## MARILU'S PERSONAL FOOD COMBINING TIPS

I've been FOOD COMBINING for years and along the way I've discovered some tips that you definitely won't find in any of the conventional food combining books, but seem to work very well for me. Try them and see if they work for you.

I divide my day into three food combining segments: I eat a fruit morning, a protein lunch and a starch dinner. This gives me my cleansing fruit meal first thing in the morning, my energy-packed protein lunch in the middle of the day and the slow steady release of energy from complex carbohydrates at night. This isn't always possible and it's not a big deal if your schedule makes it necessary to eat a carbo lunch and protein dinner or carbo breakfast or protein breakfast, etc.

Many days I eat my protein lunch in the form of a starch-legume meal which makes a complete protein.

If you experience a 4 o'clock energy slump, save some of your lunch protein or your lunch carbohydrate to recharge your batteries.

If you miscombine by eating starches with protein, eat some legumes with the starch and the starch will become a complete protein. For example, if you eat chicken with rice, be sure to have some beans to make the rice a complete protein. If beans aren't available, grab a handful of peanuts and eat them after the meal.

I choose not to eat dairy products, but I do eat foods high in calcium so that I get a sufficient amount of it in my diet. Among my favorites are broccoli, salmon, green leafy vegetables, figs, oats, sesame seeds, tofu and black strap molasses.

I recommend limiting foods from nightshade plants (eggplant, peppers, potatoes, tomatoes, etc.). However, if I do eat fish at night, I find I digest this protein meal more quickly if I eat a fresh tomato with the fish. If you have arthritis, I strongly recommend you never eat nightshade plants.

Never eat nuts without having some acid fruit with them. This is one of the exceptions that prove the rule. Nuts are fattening, I know, but sometimes I can't resist, so I always make sure I have a glass of orange juice or some other acids when I indulge.

If you do eat dairy, combine it with an acid fruit, especially pineapple which contains bromelain, an enzyme that helps the stomach digest dairy.

People always ask me if it's possible to have an occasional drink and still food combine, and I tell them when drinking alcohol, follow these rules:

- Drink two glasses of water for every one ounce of liquor, four ounces of wine or eight ounces of beer.
- Drink beer and grain alcohols (vodka, scotch, etc.) when eating carbohydrates.
- Ideally, you should drink wine and champagne only with fruit.

Drink spring or bottled water only. It is better not to use ice because extremely cold temperatures are damaging to the sinuses. However, if you must use ice, make sure that it is from the same pure water source as your drinking water. Also, avoid sparkling or bubbly water since the carbon dioxide used to charge the water interferes with digestion. And, last but not least, only drink water 15 minutes before eating or 1 hour after eating and not with meals.