

Definitions of Food Combining Groups

Non Starch Veg	Carbs/Starch	Protein	Acid Fruits	Sub-Acid Fruits	Sweet Fruits	Fats	Sugars
Lettuce	Grains	Beans	Oranges (All)	Apples	Bananas	Cream	Sugar
Cucumber	Cereals	Peas	Grapefruits	Apricots	Grapes	Butter	Jam
Greens	Bread	Lentils	Pineapples	Blueberries	Dried Fruit (All)	Oil	Jellies
Broccoli	Pastas	Olives	Strawberries	Peaches			
Celery	Rice	Fish	Pomegranates	Pears			Honey
Peppers	Sweetcorn	Poultry	Lemons	Plums			
Courgette	Potatoes	Wild Game	Limes	Raspberries			
Cabbage	Turnip	Meat	Tomatoes	Cherries			
Cauliflower	Squash	Seafood		Papayas			
Aubergine	Parsnip	Seeds		Blackberries			
Green Beans	Beetroot	Nuts		Mangoes			
Brussel Sprouts	Carrots	Cheese		Figs			
Spinach	Aubergine	Eggs					
Leeks	Avocado	Milk					
Onions	Sweet Potatoes						
	Swede						
	Pumpkin						
	Sugar Snap Peas						