

## Table of Compatible Foods

Columns I and III are incompatible

Column I	Column II	Column III
<p><b>For Protein meals</b></p> <p><b>PROTEINS</b>  Meat of all kinds: Beef, lamb, venison</p> <p>Poultry: Chicken, turkey</p> <p>Game: Pheasant, partridge, grouse</p> <p>Fish of all kinds</p> <p>Eggs</p> <p>Cheese</p> <p>Milk, including soya (combines best with fruit and should not be served at a meat meal)</p> <p>Yoghurt, including soya</p> <p><b>FRUITS</b>  Apples</p> <p>Apricots (fresh &amp; dried)</p> <p>Blackberries</p> <p>Blueberries</p> <p>Cherries</p> <p>Currants (black, red or white if ripe)</p> <p>Gooseberries (if ripe)</p> <p>Grapefruit</p> <p>Grapes</p> <p>Guavas</p> <p>Kiwis</p> <p>Lemons</p> <p>Limes</p> <p>Loganberries</p> <p>Lychees</p> <p>Mangoes</p> <p>Melons (best eaten alone as a fruit meal)</p> <p>Nectarines</p> <p>Oranges</p> <p>Passion fruit</p>	<p><b>Neutral Foods (can be combined with either Column I or Column III)</b></p> <p><b>NUTS</b>  All except peanuts</p> <p><b>FATS</b>  Butter  Cream  Egg yolks  Olive oil (virgin)</p> <p>Sunflower seed oil</p> <p>Sesame seed oil (cold pressed)</p> <p><b>VEGETABLES</b>  All green and root vegetables except potatoes and Jerusalem artichokes</p> <p>Asparagus</p> <p>Aubergines (eggplants)</p> <p>Beans (all fresh green beans)</p> <p>Beetroot</p> <p>Broccoli</p> <p>Brussels sprouts</p> <p>Cabbage</p> <p>Calabrese</p> <p>Carrots</p> <p>Cauliflower</p> <p>Celery</p> <p>Celeriac</p> <p>Courgettes (zucchini)</p> <p>Kohlrabi</p> <p>Leeks</p> <p>Marrow (squash)</p> <p>Onions</p> <p>Parsnips</p> <p>Peas</p>	<p><b>For Starch Meals</b></p> <p><b>CEREALS</b>  Wholegrain: Wheat, barley, maize, oats, millet, rice (brown, unpolished), rye  Bread 100% wholewheat  Flour 100% or 85%  Oatmeal - medium</p> <p><b>SWEET FRUITS</b>  Bananas - ripe</p> <p>Custard apples</p> <p>Dates</p> <p>Figs (fresh &amp; dried)</p> <p>Grapes - extra sweet</p> <p>Papaya if very ripe</p> <p>Pears if very sweet and ripe</p> <p>Currants</p> <p>Raisins</p> <p>Sultanas</p> <p><b>VEGETABLES</b>  Potatoes</p> <p>Jerusalem artichokes</p> <p>Pumpkin</p> <p>Sweet Potatoes</p>

\*\* All soya products are processed; use sparingly

### Explanation on how to use the food combining table

This table is based on the Hay diet and was created by Dr W. H. Hay. The basic principle of food combining is that food can be classified into 3 types according to the chemicals required to digest them in your body:

1. Alkali forming foods such as fruits and vegetables. Alkali forming means the end products of such foods after digestion. Even acid tasting fruits such as lemons yield alkaline salts in the body.
2. Concentrated proteins such as meat, game, fish, eggs or cheese. These foods are acid forming in their final end products in the body.
3. Concentrated carbohydrates or starch foods, which are acid forming. These include grains, bread, and all foods containing flour, all sugars and foods containing sugars (sucrose), but not the naturally occurring sugars found in fruit.

### The Hay rules for health

- Starches and sugars should not be eaten with proteins and acid fruits at the same meal.
- Vegetables, salads and fruits (whether acid or sweet) if correctly combined should form the major part of the diet.
- Proteins, starches and fats should be eaten in small quantities.
- Only whole grains and unprocessed starches should be used and all refined and processed foods should be eliminated from the diet.
- Not less than four hours between starch and protein meals.
- Milk does not combine well with food and should be kept to a minimum.
- Don't mix foods that fight, see below chart.

### Putting this into practice

The easiest way is to have one meal with only animal protein, one with cereal starches and one with raw fruit, with milk or yoghurt if desired, each day.

For example:

#### Breakfast: Alkaline meal

Fresh fruit, with a pot of plain yoghurt and a tablespoon of wheat germ.

#### Lunch: Starch meal

Salad, baked potato, steamed veggies, sweet fruit (e.g. banana) to follow or Salad sandwich on wholemeal bread (no cheese but butter is ok), vegetable soup and a sweet fruit.

#### Dinner: Protein meal

Salad or Vegetable Soup  
Meat  
Vegetables (but not potatoes)

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