

# HEALTHY FOOD COMBINATIONS CHART

## FRUITS

Every plant that vegetates on the earth is vegetable. "Vegetation" eaten from a "table" is called a "veg-table." A fruit is a part of a plant that contains a seed.

The seeds may be hidden inside the fruit or they may be exposed.

Plants also have a reproductive part which consists of buds, flowers, and flower tops.

The roots, leaves, stems, and branches of plants are scientifically classified as a vegetable and the remaining parts are classified as fruit.

### CITRUS FRUITS

- .KEY LIMES
- .GRAPE FRUITS
- .ORANGES
- .PINEAPPLES
- .POMEGRANATE
- .TANGERINES
- .PLUM TOMATOES
- .GREEN APPLES
- .BLUE BERRIES
- .BLUE PLUMS

COMBINES  
WITH  
**>>>>**

### SUBCITRUS FRUITS

- .APPLES
- .APRICOTS
- .ALL BERRIES (BUT BLUE)
- .CHERRIES
- .FIGS
- .MANGOS
- .PEACHES
- .PEARS
- .GRAPES
- .NECTARINES

COMBINES  
WITH  
**>>>>**

### SWEET FRUITS

- .BANANAS
  - .PERSIMMONS
  - .DATE PALMS
  - .COCONUTS
- DRY FRUITS**
- .RASINS
  - .PRUNES
  - .FIGS

SOAK IN WATER 24 HOURS BEFORE EATING

**CITRUS FRUITS CAN ONLY BE  
COMBINED WITH SUBCITRUS  
FRUITS**

### MELONS

- .WATERMELON
- .CANTALOUPE
- .BITTER MELON
- .HONEYDEW

ALWAYS EAT SEPARATE

**SUBCITRUS FRUITS CAN ONLY BE  
COMBINED WITH SWEET  
FRUITS**

Fruit Tax Law: 1893), was a decision by the Supreme Court of the United States that, under U.S. customs regulations, Many Fruits should be classified as a vegetable rather than a fruit. The Court's unanimous opinion held that the Tariff Act of 1883 used the ordinary meaning of the words "fruit" and "vegetable", instead of the technical botanical meaning.

This was to escape paying the taxes on fruits while importing them into the country and state to state.

It saved the government and farmers over 1.5 million dollars a year!!!

### FRUITS THAT YOU MIGHT THINK ARE NON STARCHY VEGETABLES

- |                  |               |
|------------------|---------------|
| .BRUSSEL SPROUTS | .PEAS         |
| .ZUCCHINI        | .CUCUMBERS    |
| .EGGPLANT        | .PEPPERS      |
| .GREEN BEANS     | .BELL PEPPERS |
| .OKRA            | .CABBAGE      |

**NON STARCHY FOODS CAN  
BE COMBINED WITH AMINO  
CHAINS**

### AMINO CHAIN (PROTEINS)

- BEAN SPROUTS**
- .LENTIL SPROUTS
  - .CLOVE SPROUTS
  - .RADISH SPROUTS
  - .PEA SHOOTS
  - .CHICK PEAS

### NUTS

- .WALNUTS
- .BRAZIL NUTS

### SEEDS

- .HEMP SEEDS
- .RAW SESAME SEEDS

### LOW & NON STARCHY VEGETABLES

- |             |               |
|-------------|---------------|
| .KALE       | .SEAWEED      |
| .ROMAINE    | .BABY SPINACH |
| .WATERCRESS | .PARSLEY LEAF |
| .ARUGULA    | .RADISH       |
| .CELERY     | .TURNIP       |
| .ALFALFA    | .MUSHROOMS    |
| .BOK CHOY   |               |

**NON STARCHY FOODS CAN  
BE COMBINED WITH STARCHES**

### CARBOHYDRATES STARCHES

#### GRAINS

- .AMARANTH
- .KANIWA
- .RYE
- .KAMUT
- .SPELT
- .TEF
- .QUINOA

#### OTHER STARCHES

- .BUTTERNUT SQUASH
- .ACRON AQUASH
- .BLACK RICE
- .PEAS
- .RED ROSE POTATO

### FATTY ACIDS FATS

- .AVOCADOS
- .COCONUT
- .OLIVES
- .BRAZIL NUTS

### OILS

- .AVOCADO OIL
- .COCONUT OIL
- .OLIVE OIL
- .GRAPE SEED OIL

(ONLY COOK WITH GRAPESEED OIL)