

Heart of Nourishment

Wisdom, guidance & inspiration
from Halé Sofia Schatz

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Food Combining for Easier Digestion

Vegetables, proteins & grains
Increase your digestion and increase your energy by combining the vegetables from all meal times. Vegetables can be combined with other vegetables as well as proteins. Grains like the water grains or in combination with non-starchy and low-starchy vegetables. Proteins can be eaten alone and with all vegetables. The water grains have only one type of protein or starch.

Starch
Grains, potatoes, yams, sweet potatoes, winter squashes, rice.

Non-Starchy and Low-Starchy Vegetables
Asparagus, artichokes, bell peppers, broccoli, Brussels sprouts, cauliflower, celery, chard, collard greens, cress, dandelion greens, eggplant, green beans, kale, leeks, lentils, lettuce, mushrooms, okra, onions, peas, pumpkin, radishes, spinach, squash, sweet potatoes, tomatoes, turnips, white beans, white turnips.

Acid Fruits
Apples, avocados, blueberries, citrus fruits, grapes, kiwi, lemons, limes, mangoes, pineapples, raspberries, strawberries, watermelons.

Sub-Acid Fruits
Apricots, avocados, blackberries, blueberries, cherries, cranberries, figs, guavas, kiwis, lemons, limes, mangoes, peaches, plums, pomegranates, raspberries, strawberries, watermelons.

Sweet Fruits
Bananas, dates, figs, grapes, honeydew, melons, mangoes, nectarines, peaches, pears, plums, prunes, watermelons.

Nuts/Seeds
Almonds, cashews, coconuts, flaxseeds, hemp seeds, macadamia nuts, pecans, pine nuts, pumpkin seeds, sesame seeds, sunflower seeds, walnuts.

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The Heart of Nourishment Food Combining Chart

Color, two-sided 8½" x 11" laminated chart

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