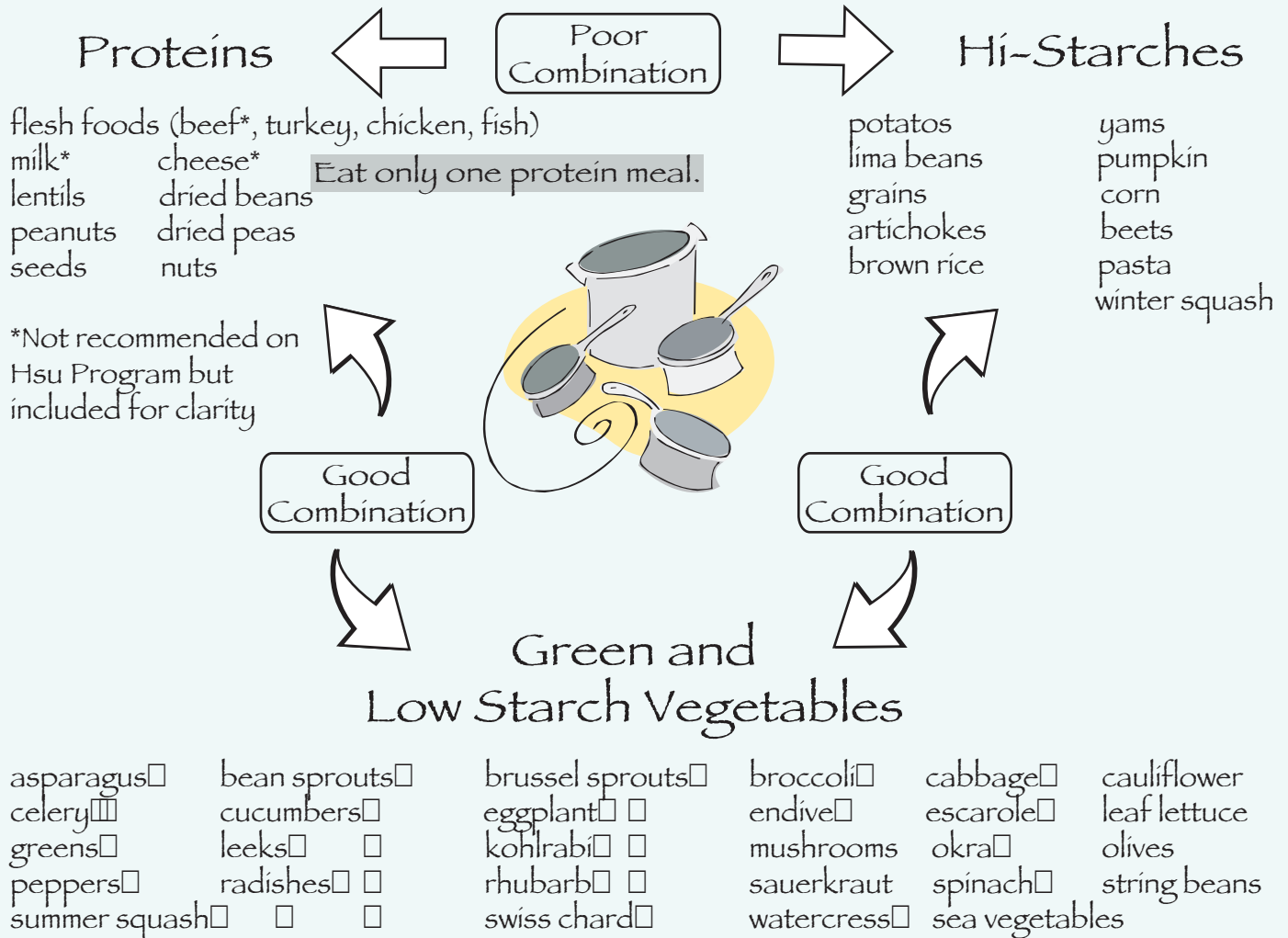


Food Combining Simplified

One food at a meal is the most ideal for the easiest and best digestion.
A combination of several foods at a meal should be according to the chart below.



Eat only one protein meal.

*Not recommended on Hsu Program but included for clarity

Tomatos may be combined with low-starch vegetables and either nuts or avocados.

Avocados are best combined with low-starch vegetables.
(They make a "fair" combination with starches.)

Eat only fresh fruits for breakfast

Eat only one kind of fruit at a time, as much as you want.
Wait one hour, then eat another kind, if you so desire.
Stop one hour before lunch.
Melons are best eaten alone.