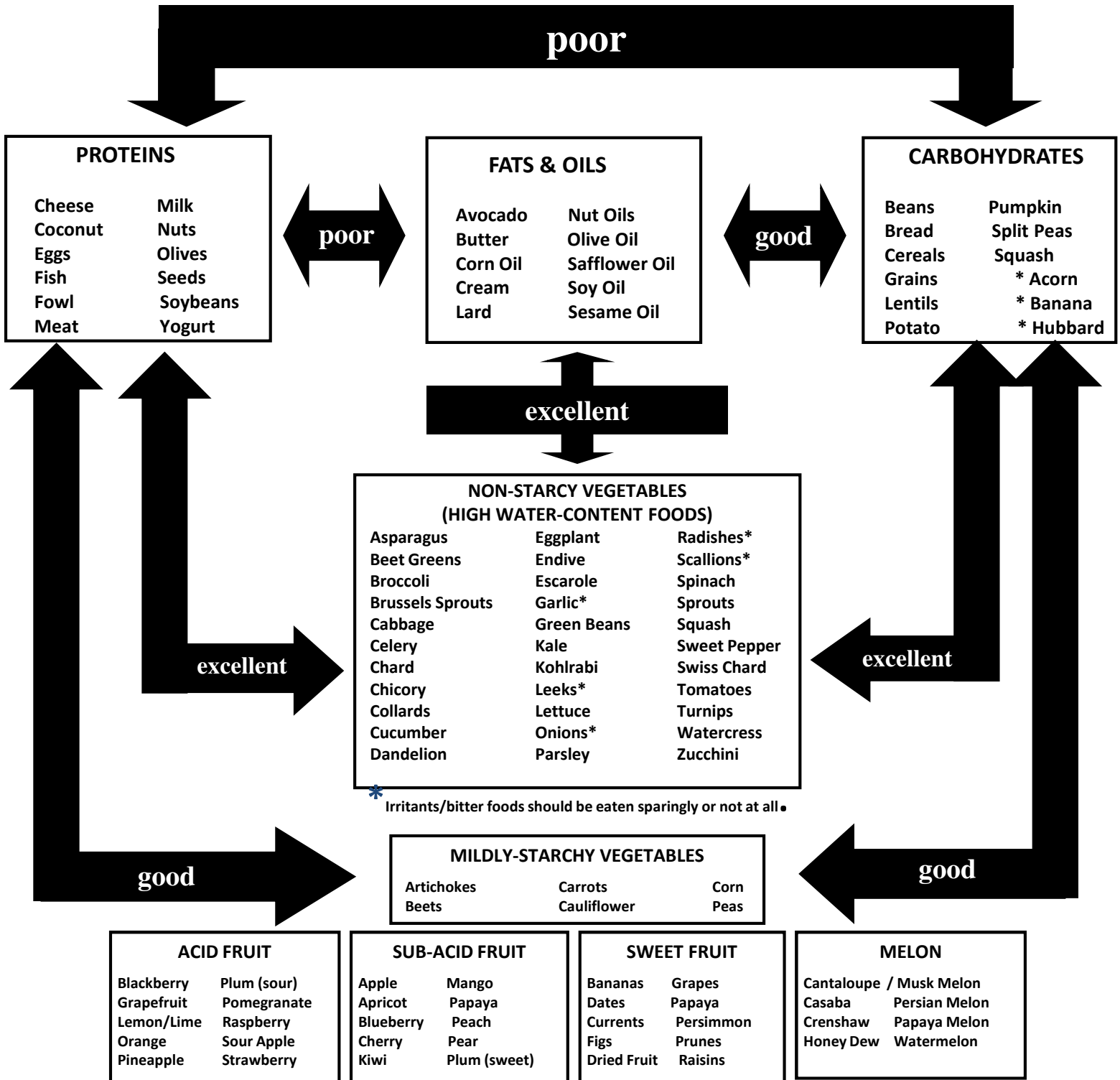


- ❖ Eat proteins and carbohydrates at separate meals
- ❖ Take milk alone or not at all.
- ❖ Eat only one concentrated protein at each meal.
- ❖ Desert desserts.
- Treat juices (fruit or vegetable) as whole foods
- ❖ Cold foods (including liquids) inhibit digestion



- ❖ Only eat fruit alone as a fruit meal
- ❖ Do not eat sweet fruits and acid fruits together.
- ❖ Fruits should not be eaten between meals while other food is digesting in the stomach
- ❖ Melons are best eaten alone but can be mixed with acid and sub-acid fruits.



Casaba Melon



Red currants



Crenshaw Melon



Persian Melon