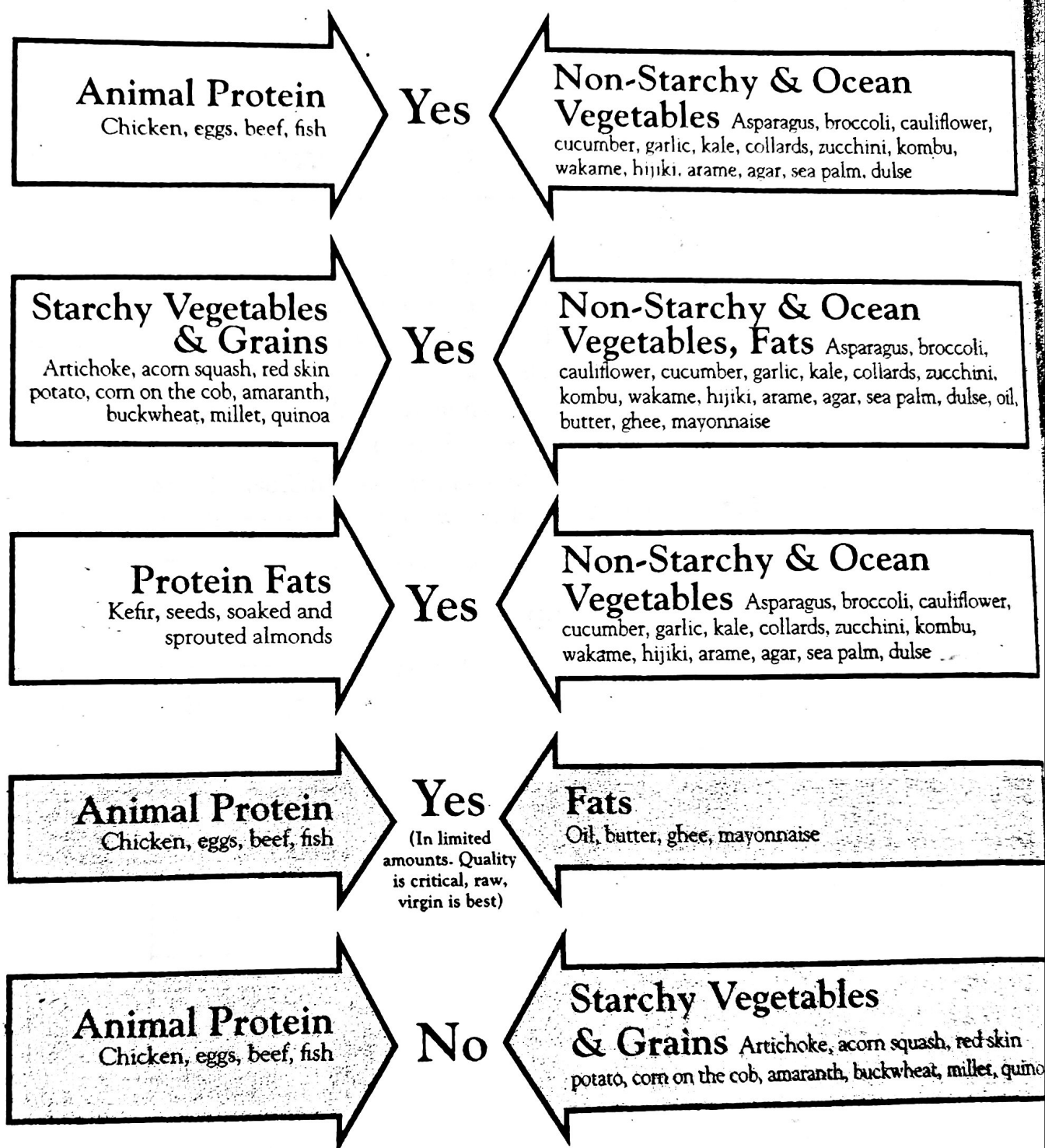


FIGURE 5

# B.E.D. Food Combining Chart



**NOTES:** All fruits should be eaten alone (30 minutes before or 3 hours after eating) with exception of the acid fruits, which may be eaten with protein fats. The only acid fruits on the B.E.D. are lemons, limes, cranberries and black currant juice.

**SUGAR**—Not on B.E.D. but should be eaten alone (30 minutes before, or 3 hours after eating). Does not combine well with any other foods.

**DAIRY**—Not on B.E.D. If introduced later, eat alone (30 minutes before, or 3 hours after eating) or with raw salads, acid fruits or seeds and nuts.

**PROTEIN STARCHES**—Dried peas, soybeans, and beans are not initially on B.E.D. and will be introduced later. They should then be eaten with non-starchy vegetables.