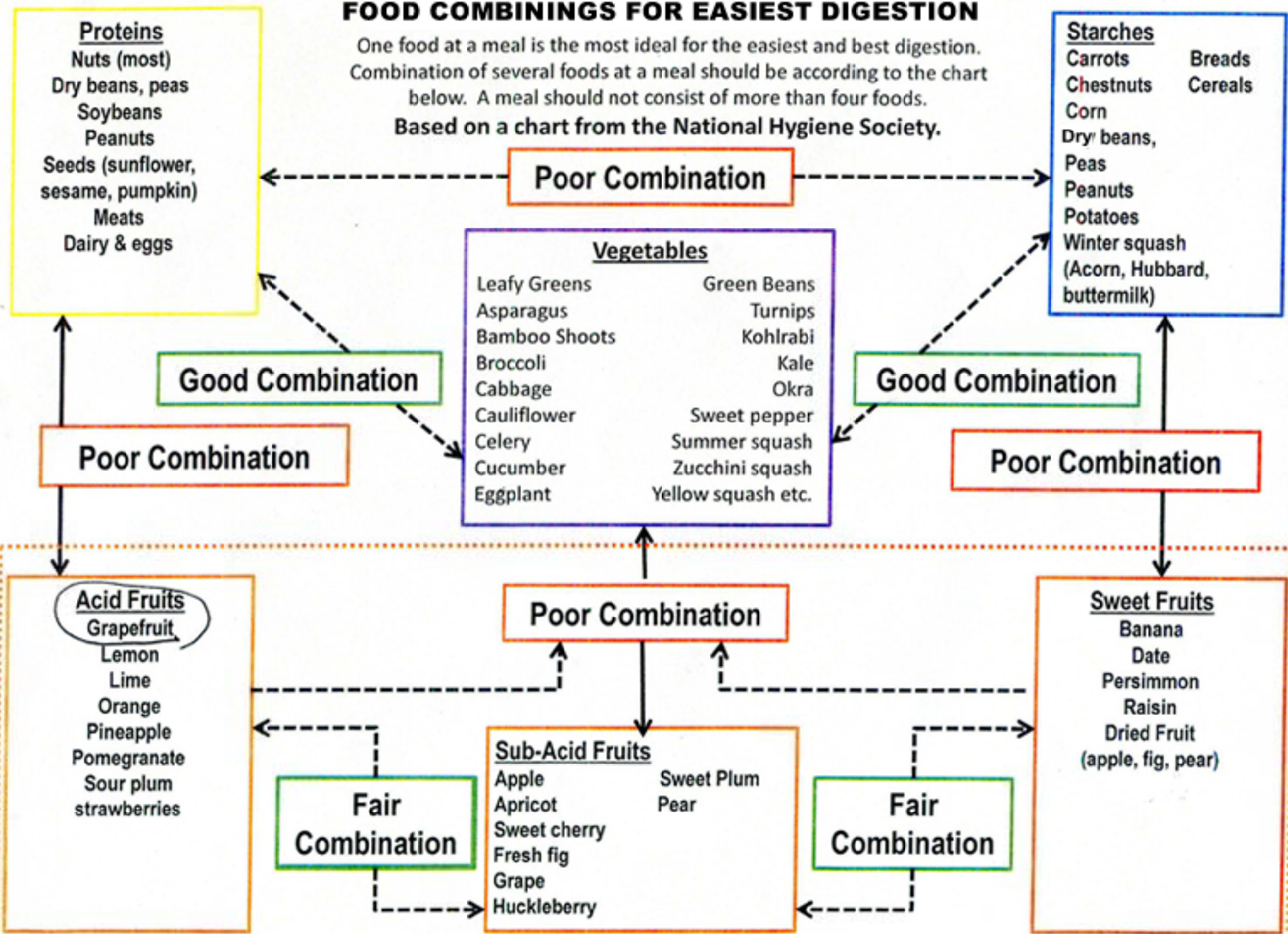


# FOOD COMBININGS FOR EASIEST DIGESTION

One food at a meal is the most ideal for the easiest and best digestion. Combination of several foods at a meal should be according to the chart below. A meal should not consist of more than four foods.

Based on a chart from the National Hygiene Society.



ALL SUGARS (EX): DESERTS, CANDY, COOKIES, E.T.C.