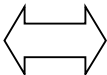
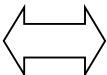
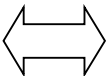
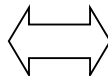


Organicflexitarian Food Combining Chart (OFFCC)

Organicflexitarian Fruit Combining (OFFC)			
Acid Fruit		Sub-Acid Fruit	Sweet Fruit
Goes well with Sub-Acid Fruits		Goes well with Acid OR Sweet Fruits	Goes well with Sub-Acid Fruits
Gooseberries Granadilla Grapefruit Guava Kiwi Fruit Kumquats Lemon Lime Melons Naartjie Orange Pineapple Quince Spanspek; Strawberries Tangerine; Watermelons	 Good Combination	Apple Apricots Berries Cherries Grapes Litchi's Loquats Mango Nectarine Peach Pear Prickly Pear Plum	 Good Combination
			Banana Dates Figs Papino Paw-paw Persimon Prune Raisins Sultana's

- Nuts can be eaten with any acid fruit and sub-acid fruit. Sweet and dried fruits should be eaten with pecan or macadamia nuts. Nuts and seeds – unsalted and raw (not roasted).
- All melons (incl. spanspek & watermelon) are best eaten alone.
- The daily menu should consist of approximately 60% neutral vegetables (of which 40% is raw) and 10% fruit.
- Eat starch **OR** protein (*animal* protein not more than once a day) as a main course with a large salad and/or neutral vegetables (not with fruit).
- Protein and starch eaten together at one meal, are difficult to digest and are prone to fermentation.
- Starch per meal: amount should be about the size of your fist; more if you are extremely active.
- Protein per meal: amount should be the size of the palm of your hand and about 1½ cm “high”.
- Fats (cream, butter, cold pressed oils) taken in small quantities combine with neutral vegetables, starch or protein.
- All legumes (such as beans, lentils & peanuts) are high in starch and protein and result in digestive discomfort.
- This programme has been designed for complete and efficient digestion, weight loss, high energy, clarity of mind & glowing health. **Your menu will differ depending on your lifestyle, state of health, body weight etc.**
- Allow 3 – 4 hours (if correctly combined) between different types of meals; incorrectly combined meals can take 8 hours to digest.

Organicflexitarian Vegetable Combining (OFVC)			
Proteins		Neutral Vegetables (NV)	Starch
Goes well with Neutral Vegetables		Goes well with Protein OR Starch	Goes well with Neutral Vegetables
		Approx. 40% raw and 20% cooked	
Eggs Dairy products Fish Meat Milk Nuts – raw, unsalted Poultry Seeds (Sunflower, Sesame etc) – raw, unsalted Unprocessed Cheese Yoghurt	 Good Combination	Artichoke Asparagus Avocado Baby marrows Beetroot Broccoli Brinjals Brussel sprouts Butternut Cabbage Carrots Cauliflower Celery Cucumber Fennel Garlic Gem Squash Green Beans Herbs Leeks	 Good Combination
		Lettuce Marrow Mushrooms Okra Olives Onions Parsley Peas (fresh) Peppers (Green, Yellow, Red) Pumpkin Radishes Spinach Spring Onions Sprouts Squashes Turnip Tomatoes Waterblommetjie Watercress	Bread Cereals Jerusalem Artichoke Maize (Mealie, Corn) Millet Oats Pasta Quinoa Rice Rice Cakes Rye Semolina <u>Grains</u> Barley Buckwheat Wheat <u>Vegetables</u> Potatoes Sweet Potatoes



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