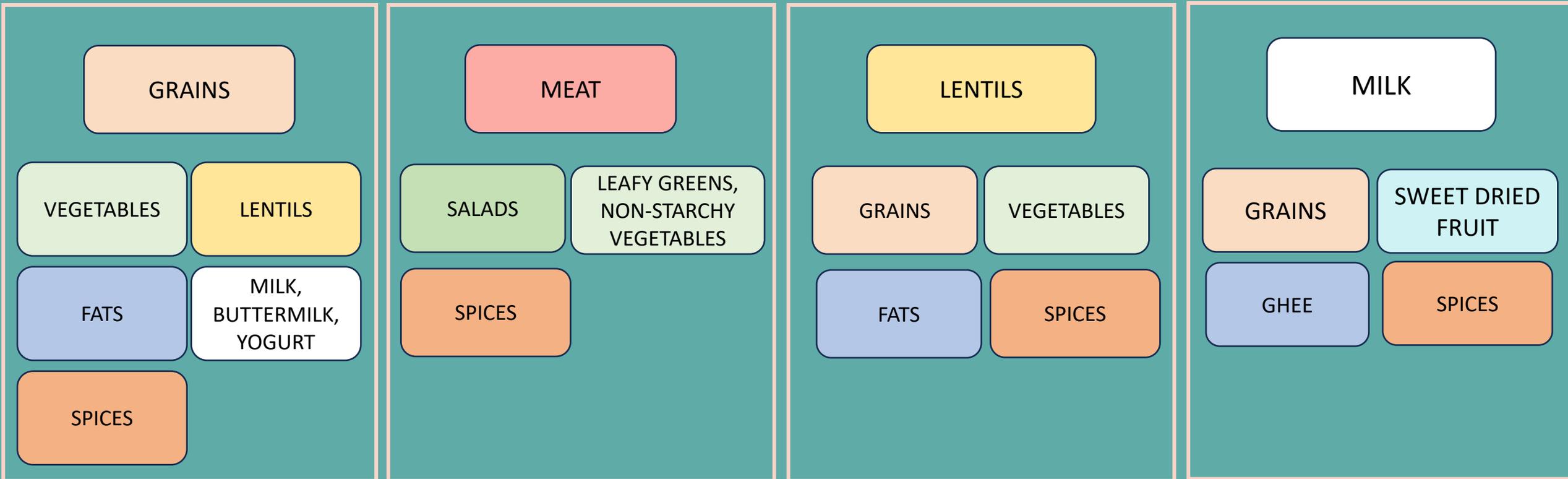


# Combining food groups

For optimal digestion, eat foods that are compatible in energetics, post digestive effect, and taste



EAT FRUIT ALONE