

Food Combining Table:

STARCH	NEUTRAL	PROTEIN	ACID or acid forming foods	ALKALINE or alkaline forming foods
honey (neutral in small amounts)	currants	concentrated fruit juice & spreads	milk- heated	milk
maple syrup (neutral in small amounts)	raisins	sugar free jams	cheese - except cream cheese	yoghurt- unweetened
chestnuts	sultanas	all fresh fruits not mentioned under starch	grains, cereals and all by-products except millet	sea vegetables
chestnut puree	olives (black)	melon (eat alone)	all pulses and legumes except soya	all salad foods
alcohol	vanilla pod/ essence	seitan	spinach	all vegetables except spinach and cooked tomatoes
dried fruits	almond essence	soya beans and products	tomato -cooked	all fruits except olives and those under acid
date syrup	rose essence	Hemp Seeds	plums, prunes, black, red and white currants, rhubarb, cranberries	almonds
unrefined sugars	peppermint essence	all other nuts & seeds not under starch	cashew nuts	brazil nuts
bananas (dried & fresh)	orange essence	nut and seed butters	macadamias	chestnuts
figs (dried & fresh)	wheat bran	tahini	pecan nuts	hazelnuts
papaya (dried & fresh)	wheat germ	cow's milk in all forms (not UHT, homogenized)	pistachios	cobnuts
dates (dried & fresh)	oat bran	goat & sheep's milk	walnuts	pine kernel
grapes	oat germ	Hemp Milk	salt & pepper	tiger nuts
pears (dried & fresh)	all nuts & seeds not under starch	yoghurt from cow, goat or sheep	vinegar	umemboshi plums
all cereals & grains except seitan	nut and seed butters	ice cream from cow, goat or sheep	hot spices	miso
all pulse & legumes except soya	tahini	cheese from cow, goat or sheep. avoid processed	all sugars and sweeteners not mentioned elsewhere	tamari
beans, lentils, peanuts, split peas	butter	cooked tomatoes	coffee (unless very weak and without sugar)	hempso
tiger nuts	buttermilk	tomato puree, paste and packaged juice	coffee substitutes	jams- sugar free
ice cream if made with cream or starch or just neutral ingredients	margarine (use only non-hydrogenated)	umemboshi plums	tea (unless without milk and sugar)	pure fruit concentrates
vegetable stocks containing starch vegetables	cream	cider and rice vinegar	cocoa, chocolate, carob	vanilla products
carob powder and flour and cocoa and milk chocolate	cream cheese, sea vegetables, avocado	soya products including TVP, tofu, tempeh, miso	tomato juice (except fresh)	almond, rose, orange and peppermint essences
potatoes	egg yolks	coffee or tea in strict moderation with no sugar or milk	prune juice	chestnuts and puree
sweet potatoes	ghee	non-cereal coffee substitutes	all alcohol	currents, raisins and sultanas
pumpkins	oils (including olive, sunflower, hemp etc.)	lemon tea		molasses
winter squashes	all herbs & spices, fresh and dried	fruit teas - no sugar		all fruit juices except prune
artichokes	vegetable bouillon, stock, pastes etc.	fruit juices- fresh, bottled or unsweetened packed		all vegetable juices except cooked or packaged tomato
corn	yeast extract	grape juice not sweet		milk
sweetcorn	freshly made, uncooked tomato juice	lassi with protein fruits		lassis
water chestnuts	miso if used sparingly	wines, cider and liqueurs if dry		lemon tea
yams	tamari/ Hempso	alcohol in strict moderation if at all		dandelion coffee
kuzu	coconut			
soya milk if used sparingly	all vegetables not under starch			
coffee or tea in strict moderation with sugar and milk	freshly picked corn (eat within 24 hours)			

Sprout Table:

Seed	Ready in	soak time	length of shoot	tips
Aduki Beans	3-5 days	12 hours	3cm	Great nutty flavour. Good for kidneys
Alfalfa	5-7 days	6-8 Hours	3.5cm	Very nutritious alkaline plant. Taste great after day in sunlight????
Barley	2-3 days	12 hours	as grain	Strengthening sweet sprout
Buckwheat	2-3 days	12 hours	as grain	Can also be grown in soil as wheat-grass
Chick Peas	2-4 days	24 hours	2.5cm	Good source of protein
Fenugreek	3-4 days	6-8 Hours	1cm	Has a strong curry taste, good for cleaning body of toxins
Flax	2-3 days	1-6 hours	as grain	Alive and fibrous, aid in bowel movement
Hemp	3-4 days	10 hours	2cm	Must be watered often. A great improvement on the already nutritious seed.
Lentils	3-5 days	12 hours	1-2cm	Try all kinds of lentils. Good from young to 6 days old.
Millet	3-4 days	6-8 hours	as grain	must be unhulled (not couscous). The only grain that is a complete protein and relatively alkaline for usually acidic grains
Mung Beans	3-5 days	18 hours	1-5cm	Keep in dark for sweet sprout. Easy to grow.
Mustard	4-5 days	none	2.5cm	Can be grown on a damp piece of paper or towel. Use green tops in salad.
Radish	4-5 days	none	2.5cm	Taste like the radish themselves! Good for clearing mucus
Rye	2-3 days	12 hours	as grain	Delicious sprout good for glandular system
Sesame	1-2 days	6-8 hours	as seed	Makes the seed more digestible and nutrients easily assimilable. After 2 days sprouts turn bitter
Soya Beans	3-5 days	24 hours	3 cm	An ancient source of protein with an acquired taste
Sunflower	1-3 days	12 hours	as seed	Handle with care. Can also be grown in soil as wheat-grass.
Wheat	2-3 days	12 hours	as grain	delicious sweet sprout. Use for wheat-grass (see chapter???) See pg.?? For useful pulp ideas. Enjoy soak water for drinking.
Wild Rice	1-5 days	12 hours	as grain	yummy addition to most salads, the longer you leave it the softer they are
T= tablespoon, C= Cupful				
You can grow sprouts in a jar or on a tray.				
After the seeds have been soaked (if more than 12 hours do change the water at least once to prevent fermentation)				
Rinse well and place in jar or on a paper towel on a seed tray with holes in the bottom.				
For the jar method, cover with damp paper or muslin.				
Leave in a warm place, and place in the sun for the last day if possible.				
When ready, store in airtight bags or as they are in the refrigerator.				
Other ideas include Amaranth, flax, clover, spinach, celery, garlic, okra, lettuce, parsley and pretty much anything you can find that grows which are known not to produce poisons (such as nightshade family, potatoes, tomatoes etc.)				
Wild sprouts such as dandelion, clover, burdock, sorrel, wild onion and garlic are also great additions.				
Best to use unhulled seed if possible.				
Best if soak water is changed if soak soaked for over 12 hours				

Food Composition

	Protein	Fat	Carbohydrate	Calcium	Vit A	Vit C
	g	g	g	mg	mg	mg
Almonds	18.6	54.2	19.5	234	0	trace
Apples	0.2	0.6	14.5	7	90	4
Apricot	1	0.2	12.8	17	2700	10
Asparagus	2.5	0.2	5	22	900	33
Avocados	2.1	16.4	6.3	10	290	14
Bananas	1.1	0.2	22.2	8	190	10
Cabbage	1.3	0.2	5.4	49	130	47
Celery	0.9	0.1	3.9	39	240	9
Figs	1.2	0.3	20.3	35	80	2
Garlic	6.2	0.2	30.8	29	trace	15
Grapes	1.3	0.1	15.7	16	100	4
Hemp Seeds	23	9	52.7	168	763	14
Kale	6	0.8	9	249	10,000	186
Leeks	2.2	0.3	11.2	52	40	17
Oranges	1	2.2	12.2	41	200	50
Papayas	0.6	0.1	10	20	1750	56
Parsley	3.6	0.6	8.5	203	8500	172
Sesame Seeds	18.6	49.1	21.6	1160	30	0
Spinach	3.2	0.3	4.3	93	8100	51
Sunflower Seeds	24	47.3	19.9	120	50	0
Tomatoes	1.1	0.2	4.7	13	900	23

Capnak Table:

			<i>Alkaline</i>	Ca				
							Carob	
		Greens				Lettuce		
	Dairy			2				
Na		Carrot			Fruit			K
<i>Yang</i>	Celery	3			4			<i>Yin</i>
				1	Fruit			
			Grain					
	Meat and fish					Nuts	Legumes	
			<i>Acid</i>	P				
Move the balance of your daily foods to the following points for the desired affect:								
	1	To loose weight						
	2	To gain weight						
	3	To cool off						
	4	To warm up						

Nutrition Comparison Between Seed and Sprout:

Examples of nutrition comparison between seed and sprout. In general vitamins, especially B complex, minerals, enzymes and protein are increased by sprouting.

	Protein	Fat	Fiber	Thiamine (B1)	Vitamin C	Calcium	Iron	Zinc
	(g)	(g)	(g)	(mg)	(mg)	(mg)	(mg)	(mg)
Hemp								
seed	23.4	9	35.36	0.9	1.4	168	n/a	n/a
sprout	10.4	4.4	20.1	1.6	n/a	176.5	4.8	n/a
Alfalfa								
seed	9	3.2	2	0.28	7	43	3.3	1.8
sprout	12.4	1.5	4.1	0.34	39	68	3.4	2.4
Mung Beans								
seed	6.9	0.4	1.5	0.21	0	25	3.5	1.1
sprout	8.1	0.4	1.1	0.26	38	25	3.6	1.7

Glycemic Index:

Glycemic Index of commonly consumed foods	
<i>Based on Glucose as a level of 100</i>	
55-100+ is considered high	
Maltose (as used in beer)	105
Glucose	100
White bread	95
Baked potatoes	95
Carrots (cooked)	85
carrots (juiced)	80
Rice cakes	80
Honey	75
Refined sugar	75
Corn (cooked)	75
Puffed Wheat	75
Cornflakes	75
White rice	70
Shredded wheat	70
Millet	70
Raisins (seedless)	65
Pasta	65
Bananas	60
Couscous	60
Basmati Rice	60
Spaghetti, white	60
Rye Sourdough	55
Wild rice	55
Brown rice	55
Popcorn	55
Kiwi, Grape, Mango	50
Whole-grain pasta	45
Plum, Apple, Orange	40
Lentils & Peas	40
Chick Peas	35
Apricot, dried	30
Milk	30
Nuts	15-30
Hempseed	15
Tomatoes	15
Soy beans	15
Green Vegetables	0-15

Dehydration Table

Dehydration is the process of removing water to create a more dense and still living food. The times vary due to the different water contents. The most natural way to do this was as in Moses' time - leaving food in the sun. Dehydration takes place at around 108 of, lower than the temperature that kills enzymes.	
Adjust time depending on moisture content/ length of sprouts	
Food	Time (hours)
Apple	13
Banana	18
Buckwheat sprouts	15
Carrot pulp	8
Coconut	20
Corn	18
Flowers	4
Kiwi	16
Mango	24
Melon	24
Papaya	18
Pear	16
Peach	18
Pineapple	22
Sprouts	12
Tomato	18

Minerals Table

Mineral	Function	Sources	Deficiency	Excess	best source	good for	other notes	works with
Calcium	Muscle contraction & relaxation, vision, teeth & bone formation	Nuts & seeds (almonds, brazil and hemp being some of the highest), cheeses, parsley, dry figs, apricots, sunshine, Custard apple contains 800mg per fruit; Beware of phosphorus content which strips away any useful calcium (see CaPNaK chart)	leg cramps (especially at night)	unusual	best fruit source by far is oranges, dairy products=parmesan, swiss then cheddar cheese and not forgetting exercise!	nursing mothers, pregnant women, elderly, regulates heartbeat, bowel cancer prevention	Stimulate enzymes	magnesium phosphorus, vitamin D
Chlorine	Works with sodium and potassium, regulates body acidity	Olives, Tomatoes, celery, iceberg lettuce, kelp, spinach, beetroot	digestive disorders, weak water retention, loss of weight		Tomatoes, celery, lettuce		also found in cabbage, garlic, parsnips, avocado, dates, coconut	
Chromium	Blood sugar metabolism, also protein and cholesterol metabolism	Brewers yeast, mushrooms, asparagus, whole grains, wheatgerm, wholemeal bread	craving for sweets or alcohol, increase risk of heart attack, low energy	vomiting, diarrhoea, weakens liver & kidneys		pregnant women, diabetics	levels lowered by too much sugar consumption, though it balances blood sugar	vitamin b3 and exercise
Cobalt	Blood formation, part of B12	Meat, milk, oysters	muscular atrophy, soaly skin		meat	good for drinkers and strict vegetarians		
Copper	An antioxidant that works with blood formation	Cashew nuts, bananas, mushroom, peas, legumes, nuts, whole grains	weak utilisation of iron, anaemia, bad respiration, limited growth		leek, garlic, steamed artichoke, parsley, beetroot	Also works with hair & skin pigments	Also found in molasses	
Fluoride	Decreases dental cavities, bones	Almonds, carrots, beet, potatoes, spinach, celery, cauliflower, cabbage			tap water	sweet eaters	Also found in watercress, parsley, cucumber, most western tap water	
Iodine	Thyroid metabolism (for energy)	Green peppers, onions, pineapple, okra, cucumber, watermelon	lower body temperature	brassy taste, gastrointestinal irritations	All sea vegetables (kombu, hijiki, nori, arame etc.)	pregnant and nursing mothers, adolescents	Also found in spinach, asparagus, carrot	
Iron	Development of blood cells, immune boosting, energy, O2 to brain, skin, nails	Hemp Seeds, watermelon, apricot, cherry, apples, grapes, pineapple, oranges, whole grain	anaemia, low energy, short breath	liver toxicity, increase in respiratory system	Bran and dried beans & lentils	good for most persons	Also found in molasses, dried bananas, lettuce, asparagus, pumpkin seed, fenugreek seed, greenleaf curd	vitamin C, E, calcium, folic acid, phosphorus and healthy intestines
Magnesium	Muscle relaxation, metabolism of calcium, vitamin C and sodium/potassium, digestion, heart muscle, liver detoxification, cramps.	Okra, dried figs, dried apricots, broccoli, almonds, tomatoes, lemon, apples, bananas, figs, hemp seeds, brazil nuts, pecan, walnut, carrot, celery, leek, lettuce	insomnia, exhaustion and irritability, constipation, skin problems	laxative	Tomatoes, spinach, lettuce, grasses. Also found in spinach and other chlorophyll rich foods, wheatgerm	good for most persons. Also relaxes bowel (hence milk of magnesia but try natural sources which work just as well!)	levels lowered by too much sugar consumption	B1, B6, C, D, zinc, calcium and phosphorus
Manganese	An antioxidant, blood sugar, thyroid, works with EFA metabolism	Hemp seeds are a very good source, walnuts, apricots, peas, parsley, carrots, beetroot, watercress, blackberries	aching joints, blood sugar problems, restricted growth	muscle fatigue, impotency			Also activates enzymes	zinc, vitamins E, B1, C and K
Molybdenum	clears uric acid, detoxifies body	tomatoes, wheatgerm	teeth problems					protein and a good diet
Phosphorous	Bones and teeth, kidney stones, metabolism of carbohydrates and fats, aids weak circulation	Most seed & nuts (especially, brazil and walnut), squash, cucumber, oranges, kale, radishes, asparagus, sorrel	bone loss, muscle weakness, fatigue, unusual	bone re-absorption, limited growth, general weakness	grasses, parmesan cheese, wheat germ, brazil nuts	pregnant and nursing mothers, adolescents, maintains pH level	Also found in watercress, carrots, cauliflower	calcium, vitamin D
Potassium	As sodium, plus maintains heart	Carrot juice, sunflower seed, tomatoes, oranges, lemons, apricots, bananas, dates, grapes, figs, peaches.	fatigue, depression	vomiting, weakness, confusion, heart & nervous system problems	Tomato, kale, grasses and dulse. Also found in raspberries, watermelon, olives, peanuts	drinkers, athletes and adolescents	levels lowered by too much sugar consumption but also found in carrots, celery, parsley, spinach, beetroot, cauliflower, leeks, garlic, sorrel, mint	magnesium
Selenium	An antioxidant, immune strength, liver de-tox	Wheat germ, organic tomatoes, onions, broccoli, garlic, eggs, mushrooms		grasses grown in healthy organic soil		pregnant and nursing mothers, adolescents, city dwellers, elderly		Vitamins A, C and E
Silicon	Hair & nails	Whole grains, most sweet fruits, cucumbers, lettuce, parsnip, asparagus, beetroot			lettuce (preferably lambs)		Also found in leeks, okra, parsley, green pepper, radishes, spinach, watercress	
Sodium	Acid base balance, adrenal support, nerves, blood pressure, bodys water content controller	Miso, tomatoes, strawberries, squash, cabbage, cucumbers, apples, apricots	nausea, anorexia	excess water intake, diarrhoea, blood pressure rise	Miso, celery, spinach	pregnant and nursing mothers, adolescents, athletes	Excess can also lead to calcium loss (Osteoporosis). Also found in watermelon, pears.	Vitamin D and Potassium
Sulphur	Part of B complex, vitamin & protein metabolism	Raspberries, pineapple, currants, apples, brazil nuts, brussel sprouts	restricted growth, poor growth of nails and hair, eczema, dermatitis		Kale, watercress	adolescents and athletes	Also found in watercress, kale, cauliflower, cabbage, sorrel	
Zinc	An antioxidant responsible for most body functions incl. immune, reproductive, endocrine, enzymatic functions	Sesame Seeds, Hemp Seeds, Pumpkin Seeds, Nuts and legumes, wheat germ, yeast, lentils, corn, oysters	white speckles on fingernails, infertility, hair & skin problems, immune system	diarrhoea	Oysters	levels lowered by too much sugar consumption	A nutrient lost in semen. For most persons	Vitamins A, E, B6, magnesium, calcium and phosphorus

Vitamin Table

	Vitamin	Role	Source	cure	deficiency	excess	works with	
A	Carotene	Antioxidant responsible for maintenance of healthy skin and eyes	Carrots, cabbage, parsley, yellow & orange vegetables & fruits, green leafy vegetables (spinach, kale, beet, mustard greens etc.), wheat grass or barley juice, avocado, greenleaf curd	spinach & parsley	Limited growth, inferior appetite, low immune system, low energy, mouth ulcers	frontal headache, drowsiness, live paid	zinc, vitamin C and E	May also cause night blindness, dry skin & Infections
B1	Thiamine	Heart, circulation, nerves, growth, digestion & assimilation, correlates to carbohydrates, protein and fat metabolism	Pumpkin seeds, almonds, mushrooms, avocado, legumes, green leafy vegetables	wheat germ, wheat grass or barley juice	memory loss, fatigue, irritability, limited growth, poor appetite and assimilation	nervousness, sweating	other B vitamins, magnesium	levels reduced by intake of too much sugar
B2	Riboflavin	Produces energy from fat, sugars and protein, detoxes chemicals in liver, hair, nails, eyes	Legumes, green leafy vegetables, wheat germ, mushrooms		light sensitive, eyes red, diarrhoea, indigestion, insomnia	may cause itching	other B vitamins	levels reduced by intake of too much sugar
B3	Niacin	Energy utilisation, digestion, skin, helps balance blood sugar and lower cholesterol	Nuts, seeds, peas, peppers, apricots, dates, avocados, mushrooms and oily fish	Mushroom, cabbage, tomato and whole-wheat chapatti sandwiches	diarrhoea, indigestion, insomnia	liver damage, itching	other B vitamins	levels reduced by intake of too much sugar
B5	Pantothenic	Energy utilisation from fat, good for hair and skin, sinuses, anti-stress	Mushrooms, sprouts, green leafy vegetables, strawberries and avocados	avocados with mushroom salad	cramp, bad concentration, lack of energy, nausea, low immune system	unusual	other B vitamins, biotin and folic acid	levels reduced by intake of too much sugar
B6	Pyridoxine	Normal metabolism of nervous tissues, protein metabolism, good for PMS	Seeds, nuts, bananas, avocados, kidney beans	bananas dipped in a ground nut mixture	PMS, bloating	numbing of extremities	other B vitamins, zinc	levels reduced by intake of too much sugar
B12	Cyanocobalamin Hydroxycobalamin	Production of DNA & RNA, nerves, blood, energy, helps counteract toxins	Manufactured in a healthy intestine, cottage cheese, oily fish (sardines, oysters etc.), eggs, milk, meat, miso, marmite	successfully treated with chlorophyll, spirulina, fermented foods and animal products	anaemia	unusual	other B vitamins, folic acid	levels reduced by intake of too much sugar
C	Ascorbic acid	Antioxidant. Maintenance of connective tissue, energy and adrenals. Produces collagen for bones and joints	Turnip greens, kale, green peppers, parsley and most raw fruits, broccoli, cabbage, carrots, amla	Wheat grass & barley juice	limited growth, poor teeth, low immune system, headaches, gum problems	acid producing	bioflavonoids (found in fruit+vegetables). Works with B for energy and E as anti-oxidant	Sugar also interferes with vitamin C activity
D	ergocalciferol	Promotes normal bone growth & calcium, magnesium and zinc metabolism	Exposure to sun, egg yolk, dairy products	Sunshine! Cottage cheese and oily fish	calcium not absorbed, causing bone & teeth problems, joint problems	see vit A	The antioxidants	may cause hair loss
E	d-alpha tocopherol	An anti-oxidant. Maintains membrane stability. Protects hormones. Improves wound healing	Nuts, Hemp and other seeds, wheat germ, spinach, soya bean, sweet potatoes	Hemp and sunflower seed salad with a corn oil topping	dry skin, weak muscles, nerve problems, low sex drive	flu, slow blood clot	Vitamin C and selenium	
K	phylloquinone	Promotes normal clotting of blood	Cauliflower, brussel sprouts, kelp, leafy green vegetables, turnips, alfalfa		excessive bleeding		healthy intestines	
	Biotin	Involved in fat synthesis, especially useful for children, energy, maintenance of skin, hair, sweat and sex glands	Legumes, nuts (almonds etc.), cauliflower, sprouts, sweetcorn	skin peeling, low testosterone			other B vitamins, magnesium	May help grey hair
	Folic Acid	Necessary during pregnancy. Production of DNA & RNA, hair, skin	Green leafy vegetables, beetroot, wheatgerm, peanuts, seeds and nuts	anaemia, gastrointestinal problems, hair loss, cracked lips	promotes oestrogen growth		other B vitamins, especially B12	May cause memory problems
PABA	Para-aminobenzoic acid	prevents sunburn, increases metabolism	whole grains, rice, bran, wheat germ					