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Carbohydrates And Proteins Should Never Be Eaten Together, Or During The Same Meal Period. 3. Milk And Other Dairy Products Are Discouraged For Human Consumption (Exception: Mother's Breast Milk Is Highly Recommended For Babies Of The 1st, 2024 Food Combining Chart For Good Digestion Food Combining Chart For Good Digestion . P O O R . Good . Author: Monica Created Date: 10/26/2011 1:53:06 PM ...File Size: 85KBPage Count: 1 4th, 2024.

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