



# The 80/10/10 Reference Guide on Food Combinations & Nutrition

By Douglas Graham

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## The 80/10/10 Reference Guide on Food Combinations & Nutrition By Douglas Graham

This is the food combining chart you've been looking for . . . and more!

We've taken the, now out of print, High Energy Diet Nutrition Guide to new levels! This new guide is not only redesigned, but also includes additional useful information that clarifies and completes the concepts of food combining and other aspects of the 80/10/10 Diet.

Whether you are raw or suffer from Crohn's or Colitis this chart will help you determine how to eat in the proper combinations for ease of digestion. Based on the work by Dr. Herbert Shelton and refined by Dr. Douglas Graham and his FoodnSport staff.

- \* Twelve information-packed pages (6 double-sided spiral-bound)
- \* Kitchen-friendly wipeable and durable design
- \* Details on fruits, greens, vegetables, starches & grains, legumes, proteins, and fats & oils!!
- \* How and when to eat foods for optimum nutrition.
- \* Contains a Quick Chart and a full detail graph on the back cover.
- \* Covers all food types, not just 80/10/10 recommended foods.

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