

Appendix chapter 2

Dissociated diet laid out

The diagram below shows you which food combinations you can make. Foods from groups 1 and 2 can be combined very well, as well as foods from group 2 and 3. Avoid mixing foods from group 1 and 3 and eat fruit (with the exception of the fruits mentioned in the diagram) separately, possibly as breakfast (only fruit, without additives or extras). As you can see: even if you eat in a dissociated manner, there are numerous possibilities for putting tasty and varied meals on the table.

Group 1	Group 2	Group 3
Carbohydrates (starch, sugar)	Neutral nutrients	Proteins
<i>Mainly starch</i>	<i>Fats</i>	<i>Mainly proteins</i>
Wholemeal grain and flour	Vegetable oils and fats	Meat
Legumes and lentils	Animal fats	Fresh fish
Brown rice / brown rice	Butter	Milk
Bananas	Cream	Cheese up to 50% fat
Potatoes	Fresh cheese	Eggs
Green cabbage	Cheese with 60% fat	Soybeans
Salsify	Egg yolk	
	Ripe olives	Acidic fruit
<i>Mainly sugars</i>		
Honey	<i>Vegetables</i>	Pit and stone fruits
Dates	Green lettuce	Berries
Figs	Carrots	Citrus fruit
Unrefined sugar	Sugar beet	Pomegranate
Sugar beet syrup	Onions	Pineapple
	Leek	Cooked tomatoes
Not recommended	Cauliflower	Melon

Group 1	Group 2	Group 3
Mainly sugars	asparagus	Mainly proteins
<i>Starch</i>	Green beans	Not recommended
White flour	Peas	
White bread	Beetroot	<i>Protein</i>
White rice	Spinach	Raw egg whites
Tapioca	Radishes	Fatty sausage
Dried vegetables	Celery	
Peanuts	(Curl) endive	<i>Fruit</i>
	Red cabbage	Rhubarb
<i>Sugar</i>	White cabbage	Cranberries
White sugar	sauerkraut	Preservatives
Food prepared with white sugar	Pumpkin	
Jam and jelly	Cucumber	
Preservatives	Pickles	
	Sprouts	
	Raw tomatoes	
	Bell pepper	
	Fennel	
	chicory	
	Mushrooms	
	Broccoli	
	Watercress	
	Eggplant	
	Zucchini	
	Turnip	
	Kohlrabi	
	<i>Other nutrients</i>	

Group 1	Group 2	Group 3
	Blueberry (without sugar)	
	Broth gelatin	
	Gelatin	
	Hazelnuts	
	Sweet chestnuts	
	<i>Herbs</i>	
	Cultured and wild herbs	
	Basil instead of pepper	
	Salt with fine herbs	
	Celery	
	Sea salt	
	Not recommended	
	Dried vegetables	
	mayonnaise	
	Industrial soups	
	Industrial sauces	