

To combine foods, you can cross green lines only

<p>Sweet Fruit</p> <p>Aavocado Bananas Dried Dates Dried Figs Prunes Raisins</p>	<p>Starch</p> <table border="0"> <tr> <td>Barley, Pearled</td> <td>Dried Limas</td> <td>Peanuts</td> </tr> <tr> <td>Brown Rice</td> <td>Fresh Corn</td> <td>Spaghetti</td> </tr> <tr> <td>Brown Sugar</td> <td>Granulated Sugar</td> <td>Soda Crackers</td> </tr> <tr> <td>Chocolate Cake</td> <td>Honey</td> <td>Wheat Bran</td> </tr> <tr> <td>Cookies</td> <td>Ice Cream</td> <td>Wheat Germ</td> </tr> <tr> <td>Corn Oil</td> <td>Macaroni</td> <td>White Bread</td> </tr> <tr> <td>Corn Syrup</td> <td>Molasses</td> <td>White Flour</td> </tr> <tr> <td>Dried Beans</td> <td>Oatmeal</td> <td>White Potatoes</td> </tr> <tr> <td>Dried Lentils</td> <td>Olive Oil</td> <td>Whole Wheat flour</td> </tr> <tr> <td></td> <td>Peanut Butter</td> <td>Whole Wheat bread</td> </tr> </table>			Barley, Pearled	Dried Limas	Peanuts	Brown Rice	Fresh Corn	Spaghetti	Brown Sugar	Granulated Sugar	Soda Crackers	Chocolate Cake	Honey	Wheat Bran	Cookies	Ice Cream	Wheat Germ	Corn Oil	Macaroni	White Bread	Corn Syrup	Molasses	White Flour	Dried Beans	Oatmeal	White Potatoes	Dried Lentils	Olive Oil	Whole Wheat flour		Peanut Butter	Whole Wheat bread																			
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<p>Dairy</p> <p>Butter Cheese Eggs (See Protein) Ice Cream Milk Yogurt (See Starch List)</p>	<p>Vegetables and Salads</p> <table border="0"> <tr> <td>Beet Greens</td> <td>Green Beans</td> </tr> <tr> <td>Beets</td> <td>Green Peas</td> </tr> <tr> <td>Broccoli</td> <td>Lettuce</td> </tr> <tr> <td>Brussels Sprouts</td> <td>Mushrooms</td> </tr> <tr> <td>Cabbage</td> <td>Onions</td> </tr> <tr> <td>Carrots</td> <td>Parsnips</td> </tr> <tr> <td>Cauliflower</td> <td>Radishes</td> </tr> <tr> <td>Celery</td> <td>Rhubarb</td> </tr> <tr> <td>Chard leaves</td> <td>Rutabagas</td> </tr> <tr> <td>Cucumbers</td> <td>Sauerkraut</td> </tr> <tr> <td>Fresh corn</td> <td>Spinach</td> </tr> <tr> <td>Green Limas</td> <td>Tomatoes</td> </tr> <tr> <td>Green Soy Beams</td> <td>Watercress</td> </tr> </table>	Beet Greens	Green Beans	Beets	Green Peas	Broccoli	Lettuce	Brussels Sprouts	Mushrooms	Cabbage	Onions	Carrots	Parsnips	Cauliflower	Radishes	Celery	Rhubarb	Chard leaves	Rutabagas	Cucumbers	Sauerkraut	Fresh corn	Spinach	Green Limas	Tomatoes	Green Soy Beams	Watercress	<p>Melons</p> <p>Muskmelon (cantaloupe) Watermelon</p>																								
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