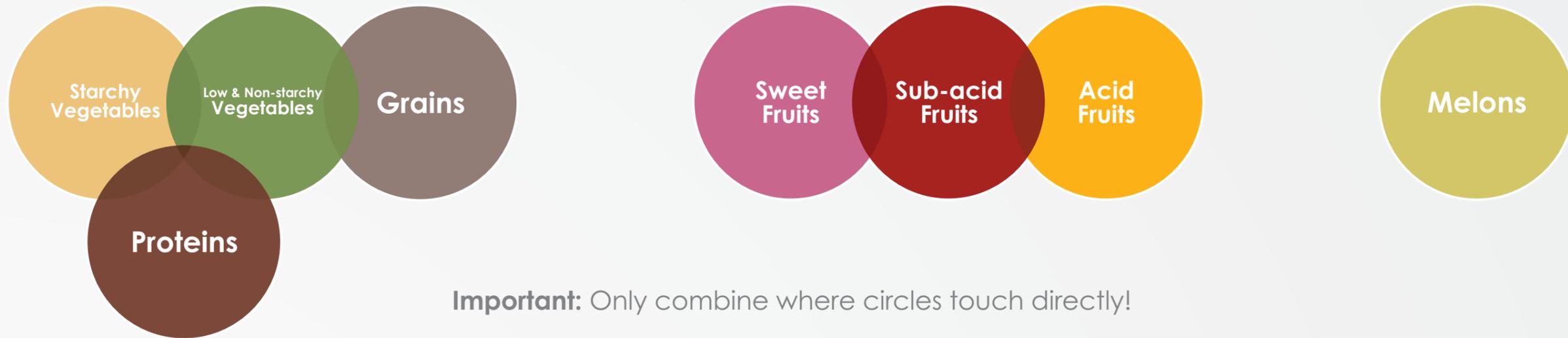


# FOOD COMBINING CHART

for a smooth digestion



**Important:** Only combine where circles touch directly!

Low & Non-starchy Vegetables	Starchy Vegetables	Proteins and Fats	Grains	Sweet Fruits	Sub-acid Fruits	Acid Fruits	Melons	
Asparagus Bell Pepper Broccoli Brussels Sprouts Cabbage Celery Chard Chicory Chives Collards Raw Corn Cucumber Endive Escarole, Garlic Green beans Kale Leek Lettuce	Onions Parsley Radish Rhubarb Spinach Summer Squash Swiss Chard Tomatoes Turnip Turnip Greens Watercress Zucchini	Artichokes Beets Beans Carrots Corn Jicama Peas Potatoes Pumpkin Hubbard Squash Winter Squash Banana Squash Yams	Meat Fish Foul Avocado Beans Cerals Nuts Flax Seeds Pumpkin Seeds Unhulled Sesame Seeds	Amaranth Buckwheat Quinoa Millet Oats Rice Spelt Wheat and Flours	Banana Dates & Figs All Dried Fruit Persimmon Prunes Sweet Grapes	Sweet Cherries Sweet Apple Sweet Berries Apricot Papaya Pear Mango Sweet Peach Sweet Plum	Grapefruit Orange Lemon Lime Pineapple Pomegranate Sour Grapes Cranberries Sour Peach & Plum Sour Apple Sour Cherries Strawberries	Cantaloupe Crenshaw Honeydew Muskmelon Watermelon

## FOOD TRANSIT TIMES

Water . . . . .	0-15 minutes
Juice . . . . .	15-30 minutes
Fruit . . . . .	30-60 minutes
Melons . . . . .	30-60 minutes
Sprouts . . . . .	60 minutes
Wheatgrass Juice . . . . .	60-90 minutes
Most Vegetables . . . . .	1-2 Hours
Grains and Beans . . . . .	1-2 Hours
Meat and Fish . . . . .	3-4 Hours+
Shell Fish . . . . .	8 Hours+

## THE 8 BASIC RULES OF FOOD COMBINING

### 1. Protein and carbohydrate concentrated foods

Breakdown of protein requires an acid medium, and digestion of protein dense animal products requires high levels of hydrochloric acid. Since digestion of carbohydrate dense foods requires an alkaline medium in order to be broken down, high carbohydrate foods that have been mixed with high protein foods will not digest but will sit there fermenting, producing indigestion, bloating and gas. And since this fermentation of carbohydrates will inhibit the digestion of the protein, more gas, bloating and discomfort will be produced. This makes the typical American meal, composed of a large hunk of meat along with potatoes and bread, a recipe for digestive disaster.

Most protein foods are best digested when accompanied by a fresh green salad. Other concentrated protein foods like nuts and seeds combine well with acid fruits such as oranges, pineapples blackberries, or strawberries. They also work fairly well with sub-acid fruits such as apples, cherries, mangos, or peaches. The vitamin C in these fruits aids digestion of the mixture.

### 2. Eating two concentrated proteins together

Each type of protein requires a specific character, strength and timing of digestive juice secretions. This means that no two types of concentrated protein should be consumed together at a meal. Nuts, meat, eggs, cheese, or other protein foods should not be eaten together. And no two types of animal protein should be eaten together, a rule that may be hard to swallow by the surf and turf crowd.

### 3. Protein and fats

Fats inhibit the secretion of gastric juices needed to digest meat, fish, dairy products, nuts, and eggs by as much as fifty percent. When fat concentrated foods are eaten with protein concentrated foods, the digestive breakdown of the fats is delayed until gastric juices complete their work on the complex proteins. This means fats will remain undigested in the stomach for a long period of time. Although some high protein foods also contain high amounts of fat, these fats will be held in suspension awaiting breakdown without impeding gastric action. However, free fats such as oil, butter and milk fat will coat the gastric mucosa, inhibiting gastric juice. This is why fried chicken is so hard to digest.

### 4. Acid fruits with carbohydrates

The enzyme in saliva that begins the breakdown of starch concentrated foods in the mouth does the important job of converting complex starch molecules into more simple sugars. In order to work, the enzyme requires a neutral or slightly alkaline medium, the natural condition found in the mouth. When acid foods are eaten, the action of the enzyme needed to break down starch is halted because the medium needed has been altered. Thus acid fruits should not be eaten at the same meal as sweet fruits or other starches. This combination is what makes spaghetti and other dishes combining tomatoes with starch so bloating.

### 5. Acid fruits with protein

Oranges, tomatoes, lemons, pineapples and other acid fruits can be easily digested and produce no distress when eaten away from starchy and protein foods. However, when included in a meal that contains a protein concentrated food, the acid fruits seriously hamper protein digestion. This is in part what makes the typical American breakfast of orange juice, bacon, eggs and toast such a digestive nightmare

### 6. Starch and sugar

Eating starches that have been disguised as sweets is not a good way to eat starch. Although the "treat" produces an abundance of saliva, the saliva contains none of the enzyme needed to digest the starch because the sugar has turned the environment acidic. This is why such items as fruit filled Danish settle on the digestive tract like a sack of bricks. The carbohydrates are fermenting in the body, producing noxious gases.

### 7. Consuming melons

Melons should not be consumed with any other foods. Watermelon, cantaloupe, honeydew, and the more exotic melons should always be eaten away from mealtime and alone. Melons are meant to decompose quickly in the digestive system, which is what they will do if there is no interfering with the process.

### 8. Consuming milk

Milk is best left to babies who traditionally consume it alone, away from other foods. Milk does not digest in the stomach, but in the duodenum, so the presence of milk in the stomach does not promote secretion of gastric juice. The use of acid fruits with milk does not cause any digestive difficulty, although the benefits of the antioxidant potential of the fruits may be lost due to the affinity they have for the protein in milk.