

## What is Food Combining?

- Regimen based on premise that proteins and starches should not be eaten at the same meal
- The theory is that different food groups digest optimally when eaten in specific combinations
- Mixed meals are a relatively modern approach to eating; ancient ancestors ate food types separately.
- Percentage of protein or starch in each food decides appropriate food-combining category.
- Before starting on any new diet, consult a doctor, especially if you are pregnant, have a diagnosed medical condition, diabetes, allergies, or taking prescription medication.
- All foods contain both protein and starch but when occurring in small amounts do not require the same digestive effort, for example:
  - 100g of cauliflower contains 3.6 g of protein and 0.5g of starch, not enough of either to interfere with digestion
  - Same weight of turkey or steak has over 20g of protein; needs considerable output of gastric acid for body to digest.
  - Fried potatoes have approx 30g of starch; will not be fully digested if stomach is already acidic.

## Benefits of a Food-Combining Diet

1. Improves digestion and absorption of nutrients
2. Results in increased energy levels, balances body weight, enhanced well-being
3. Helps prevent illness and disease

## Why food combining is important:

- Fresh fruit leaves the stomach in 15-20 minutes
- Vegetables take about 1 hour
- 1 serving of pasta, whole-grain cereal, filet of fish, or chicken breast spends 3-4 hours in the stomach. Steak and other red meat take a little longer.
- Eating chicken with raw or lightly steamed vegetables still only takes about 3-4 hours to leave the stomach; however, eating the same chicken breast with French fries, rice or bread (i.e. a chicken sandwich, which is sadly a more typical combination) means the meal will spend approximately **8 hours** in the stomach, backing up the entire digestive system, robbing the digestive tract of precious enzymes, and causing waste and toxin build-up.
- Properly combined foods allow for quick passage through the digestive tract, leaving less waste behind and thus requiring less energy to digest.
- Waste = Weight

Ideally: Eat “light to heavy” during each meal and throughout the day.

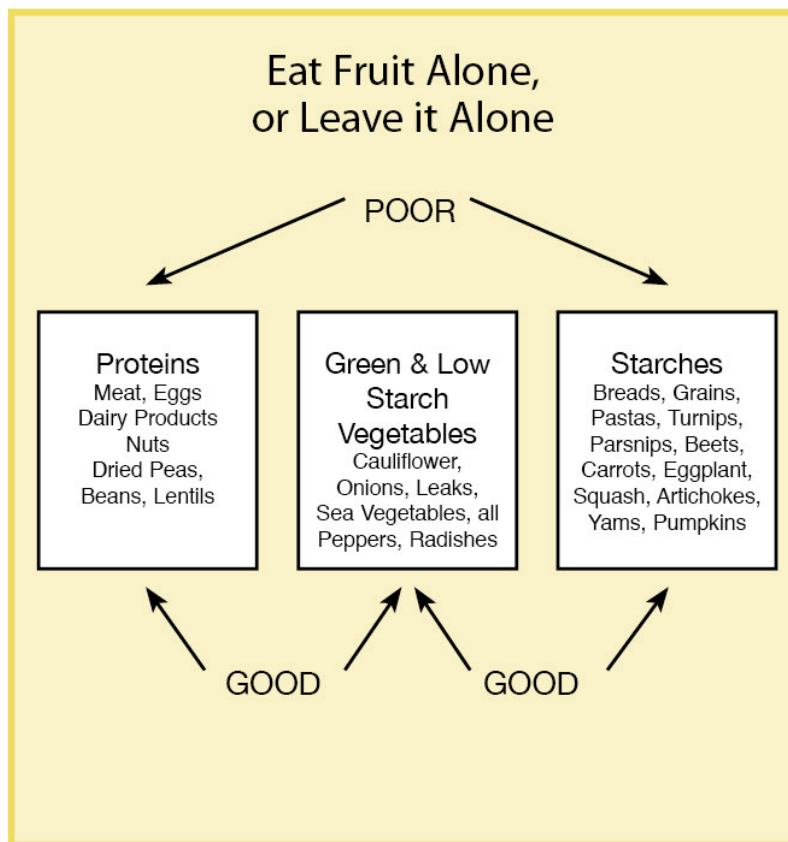
1. fresh fruits/vegetables, fruit/vegetables juices in the morning or at the beginning of a meal
2. slightly more denser foods at mid-day and mid-meal; cooked vegetables, nuts, dried fruits, seeds
3. evenings and the last part of the meal should be the most dense with sprouted grains, organic flesh, raw cheeses, etc.

This information is for guidance only. It is provided in good faith as a service. It does not constitute legal or business advice and should not be relied upon as such.

## Food Combining

Starches	Flesh	Nuts/Seeds	Fresh Fruit
Whole Grains	Fish	Raw Nuts	Citrus
Brown Rice	Eggs	Raw Seeds	Bananas
Sweet Potatoes	Chicken	Raw, un sulphured dried fruits	Plums
Avocados	Meat	Mature Coconut	Etc...
Legumes	Game	Young Coconut	
Cooked Corn	Shellfish		
Young Coconut			
Pasta			
Raw and Cooked Vegetables	Raw and Non- Starch Vegetables	Raw Vegetables	Eaten Alone

**Never mix any of these four categories with one another!**



This information is for guidance only. It is provided in good faith as a service. It does not constitute legal or business advice and should not be relied upon as such.