

BASIC FOOD COMBINING PRINCIPLES

Regardless of what foods you ultimately choose to nourish your body with, proper food combining allows you to get the most value from the food you eat. When you choose to combine foods that are chemically compatible, you essentially abolish uncomfortable toxic chemical reactions in the body that often result in an intestinal traffic jam creating gas, bloating, belching, abdominal cramps, etc. As many as eight out of 10 Americans suffer from indigestion. The number one over-the-counter drug is to treat symptoms of indigestion and it continues to be one of the most prescribed of all medications. “80% of the population don’t likely suffer from bad stomachs”, as Dr. Graham says, “they are likely doing bad things to their stomachs.” It turns out that macronutrients (carbohydrates, proteins and fats) all digest at different speeds. Each macronutrient requires the release of different digestive enzymes to be metabolized. Combining foods that have similar digestive requirements results in good digestion without toxic by-products. Eliminating toxic reactions in the body yields not only better digestion but improved mood, better sleep, improved immunity, enhanced energy and overall superior health. Furthermore, you will enjoy permanent weight management, eliminate fluid retention, abolish toxic by-products and indigestion that are created by chemical reactions in poorly combined meals that result in uncomfortable gas, foul odor, and problems with digestion such as constipation and/or diarrhea. Here are some basic guidelines:

- (1) Fruits (quick energy foods – simple carbohydrates) Eat Fruits Alone and on an empty stomach.

Ideally eat within one category at each sitting, not mixing.

Categories: Melon – all melons alone always
Acid Fruits - Citrus, Pineapple, Oranges, etc
SubAcid Fruits - Apples, Pears, Berries, etc
Sweet Fruits – Bananas, Figs, Dates

(Do not mix with starch. Fruit and starch ferment creating a feast of unfriendly bacteria ultimately yielding alcohol. If you need to initially moderate sugar uptake, eat with lettuce or celery.

This works well for most people as the latter are mostly comprised of fiber and water.

If you wish to mix fruits, blend in a smoothie to help pre-digest the mixture and ease digestion).

- (2) Starchy Foods – (sustaining energy – complex carbohydrates) i.e.: non-gmo organic whole grain corn, spelt, ancient grains, quinoa, or non-yeast sourdough bread from starter – (both wheat and rice have many toxic elements), young jackfruit or breadfruit (ulu), taro, rutabaga, etc. Mix together and/or with fats or vegetables - Do not mix starchy foods with protein foods.
- (3) Protein Foods – Mix with non-starchy vegetables - Do not mix multiple proteins together or mix with fat or starchy foods
i.e. NO fish w/ rice, meat w/ potatoes, beans w/ tortillas, INSTEAD ckn w/ vegetables, beans w/ salad.
- (4) Fat Foods – Plant-Based - NO Oil (a non-food, stores too quickly in blood vessels) i.e. avocado, young coconut flesh, seeds and nuts – dried, not roasted for optimal nutrient value. Enjoy sparingly as fruits and vegetables already contain an optimal amount of fat. Nuts and seeds, however, provide important minerals that may be otherwise sparse.

~~Food Combining Guidelines~~

- ~Always eat the raw portion of the meal first (salad) for the digestive enzymes
 - ~ Allow time between each meal for food to break down before introducing more food.
 - Fruit: Digestion Time: 20-30 minutes before eating anything else. Always eat on empty stomach.
 - Starch/Protein/Fat: Digestion Time: 3 – 4 hours or more depending on the food. Allow more time for animal protein.
 - ~ Choose organic, whole, fresh, raw, ripe fruits whenever possible.
 - ~ Avoid dairy products especially cheese as it is high in casein, a known carcinogen.
 - ~Green Leafy Vegetables go with everything and provide ample amounts of protein and fat within.
 - ~If consuming rice or beans, soak and rinse well 24 – 48 hours to reduce toxins and to activate important digestive enzymes allowing for maximum nutrient absorption.
 - ~Avoid heating fats and starches.
 - ~Consume water away from meals – water dilutes digestive enzymes, so sipping room temperature water is best during a meal and save drinking larger quantities for other times.
 - ~Simpler meals digest best. The simpler your meal with the fewer combinations of ingredients, the quicker and easier it will be utilized by the body.
- Breakfast: Enjoy fruit from one of the categories. Provides immediate energy and is full of fiber. Enjoy a fruit smoothie, optionally add fresh greens for more minerals and fiber.
- Lunch: Enjoy starch such as complex carbohydrates (sustaining energy foods) with vegetables such as:
Salad w/ Veggie Sandwich, Vegetable Stew w/ Salad, Salad w/ Baked Potato and avocado, Ulu Curry over Quinoa with Salad, Jackfruit Tacos, etc.
- Snack: Nuts or Seeds alone or with veggie sticks, veggie sticks with guacamole. Fruit alone on empty stomach at least a few hours after last meal unless meal was solely fruit.
- Dinner: Consume protein in evening as it takes longer to digest and requires time to break down. The evening is the time to rest and digest foods such as a Large Salad with Strips of one protein, Vegetable Nut Medley and/or one protein, etc.

Sources and Recommended Readings: Dr. Doug Graham, [The 80-10-10 Diet](#)
Dr. T. Colin Campbell, [The China Study](#) and [WHOLE](#)
Dr. Joel Fuhrman, [Fasting and Eating For Health](#)
Dr. Neal Barnard, [Foods That Fight Pain](#)
Dr. Peter Osborne, [No Pain, No Grain](#)
Dr. David Klein, [Self Healing: Colitis and Crohn's](#)