

FOOD COMBINING

- 1 Starches and sugars should never be eaten with proteins and acid fruits as the same meal
- 2 Vegetables, salads and fruits should form the major part of the diet
- 3 Proteins, starches and fats should be eaten in small quantities
- 4 Only whole grain and unprocessed starches should be used, no refined carbohydrates, especially no white flour or sugar, or highly processed fats such as margarine
- 5 An interval of at least four hours should elapse between meals of different character

Food combining is particularly recommended for all digestive disorders, especially constipation, indigestion, ulcers, etc, arthritis, allergies, skin diseases, obesity, headaches, frequent infections, heart disease.

Suggested Menus

- **Breakfast (alkali – forming meal)**
Fresh fruit in season – May add pot live yoghurt
Drink – water, herb tea, weak tea, dandelion coffee
- **Midday Meal (starch meal)**
Potatoes, brown rice, cereal or brown bread, with butter, cooked vegetables or a raw salad, plus Sweet fruit (eg banana, dates, papaya, sultanas, figs, and raisins)
- **Evening Meal (protein meal)**
Vegetable soup, plus
A moderate portion of meat, fish, chicken, shellfish, eggs or cheese, with a salad of fresh raw vegetables or cooked green and root vegetables (not potatoes), plus
An acid fruit, eg apples, pears, orange, kiwi, mangoes, apricots, berries, cherries, nectarines and pineapple.
- These meals are interchangeable, many active people prefer to have their protein meal at midday.
- Between meals, if hungry, eat sunflower or pumpkin seeds, or a piece of fruit. Drink water and herb teas between meals.
- Use honey or maple syrup in small amounts instead of sugar.
- Eat freely fresh vegetables, salads and fruits – these should form the bulk of the diet.
- Neutral foods may be eaten with protein or starch meals: eg olive oil; butter; all vegetables (except potatoes), salads, herbs, honey, maple syrup, apple cider vinegar.
- For vegetarians, use legumes, lentils, soya products (soybeans, tofu, tempeh), chick peas, lima beans, etc in place of protein foods

FOOD COMBINING CHART

MIXING FOODS

The foods listed below mix well with all foods.

Vegetables

Avocado, Beetroot, Cabbage, Carrots, Celery, Chicory, Cucumber, Fennel, Garlic, Green Peppers, Lettuce, Mushrooms, Onions, Parsley, Radishes, Red Peppers, Sprouted Pulses, Sprouted Seeds, Tomatoes, Watercress

Seeds

Pumpkin, Sesame, Sunflower

Herbs

Chives, Mint, Parsley, Sage, Thyme

Fats

Butter, Egg yolks, Olive Oil, Other Seeds Oils, Sunflower Oil

PROTEIN MEALS

For a protein meal select foods listed below and combine them with any foods listed under 'mixing foods.'

Proteins

Cheese, Chicken, Eggs, Fish, Meat, Milk, Shellfish, Nuts

Fruits

Apples, Apricots, Cherries, Grapefruit, Grapes, Lemons, Limes, Mangoes, Nectarines, Pears, Raspberries, Strawberries, Tangerines

STARCH MEALS

For a starch-based meal select foods from the list below and combine them with any foods listed under 'mixing foods.'

Starches

Bread, Maize, Millet, Oats, Rice, Quinoa, Wholegrains

Sweet Fruits

Bananas, Dates, Figs, Raisins, Sweet Grapes

Sugar

Honey, Maple Syrup, Molasses

Vegetables

Potatoes

Do not mix foods listed under 'protein meals and 'starch meals.'

A book such as "Food Combining for Health" by Doris Grant and Jean Joice (Thorsons 1984) will help to understand the food combining principles and contains many recipes.

This information is only intended as a guide, for further information speak to your health practitioner.