

THE BASIC RULES OF FOOD COMBINING

1. Do not eat proteins and starches together. Your body requires an acid base to digest proteins and an alkaline base to digest starches. Proteins and starches combine well with green, leafy vegetables and non-starchy vegetables, but they do not combine well with each other.
2. Generally fruits should be eaten alone or with other fruits. If fruits seem too sweet, then eat a handful of nuts (80% fruit, 20% nuts). Fruits digest so quickly that by the time they reach your stomach, they are already partially digested. If they are combined with other foods, they will rot and ferment.
3. Melons digest faster than any other food. Therefore, you should never eat melons with any other food including other fruits. Always eat melons on their own.
4. Do not mix acid and/or sub-acid fruits with sweet fruits at the same meal. Acid fruits, such as grapefruits, pineapple, and strawberries, can be mixed with sub-acid fruits, such as apples, grapes, and peaches, but neither of these categories can be mixed with sweet fruits, such as bananas, dates, or raisins.
5. Eat only four to six different fruits or vegetables at one meal.
6. Fats and oils combine with everything (except fruits) but should be used in limited amounts because while they won't inhibit digestion, they will slow it down.
7. Wait the following lengths of time between meals that don't combine:
 - a. Two hours after eating fruit.
 - b. Three hours after eating starches.
 - c. Four hours after eating proteins.

“FIX IT” FOR FOOD COMBINING

- If you eat PROTEIN and STARCH during the same meal, eat some legumes.
- If you eat NUTS, eat an acid fruit with them.
- If you still eat DAIRY, make sure to eat an acid fruit.
- If you've overloaded on PASTA, eat an apple the next morning.
- If you've eaten too much PROTEIN, eat papaya the next morning.
- If you've eaten too much SUGAR, eat grapes the next morning.
- If you've eaten too much SALT, eat watermelon the next morning.



Food Combining - Beginners

