Food Combining

Proper food combining supports optimal digestion, weight loss, skin health, increased nutrient absorption and general wellbeing.

Although the fundamental principles of combining are universal, your results may vary depending on your body chemistry, so experiment, and eat intuitively!

**GREAT**

- Protein
- Acid fruit
- Starch
- Melon

**OK**

- Vegetable
- Sub acid fruit
- Fat

**CHEW MORE**

Digestion begins in the mouth. Smaller pieces are digested more easily and starch digestion requires the enzyme ptyalin, which is found in saliva.

**DIFFERENT ENVIRONMENTS**

The enzymes that help digest proteins require acidity, while starch digestion enzymes require alkalinity.

**SPROUT CONTINUITY**

Generally best to combine sprouts according to their original bean, seed or grain. Alfalfa sprouts can be combined as green vegetable.

**STAY SINGLE**

Eat only one type of concentrated starch or protein at a time, as each will have its own gastric juice and timing needs.

**TIME SPENT IN STOMACH**

- Water: 15 minutes
- Melons: 1 hour
- Fruit: 1 - 2 hours
- Vegetables: 2.5 hours
- Fat: 3 hours
- Starch: 3 hours
- Protein: 4+ hours

**WORST COMBOS**

- Protein x Starch
- Protein x Fat
- Protein x Sugar
- Starch x Sugar
- Starch x Acid

**ENZYMES: YOUR LITTLE BUDDIES**

Enzymes are needed for every biochemical process in the body. Each enzyme has a specific function and is active only under certain conditions.

Digestive enzymes break large food molecules into smaller ones, allowing the body to absorb nutrients. The pancreas produces a limited amount of digestive enzymes and it is essential to consume enzyme-rich foods for optimal health.

Enzymes are destroyed when food is heated above 46°C or 115°F. Fresh, raw vegetables and fruits, soaked nuts, sprouts and cultured (fermented) vegetables are the best dietary sources of enzymes.

**VEGETABLE**

- Arugula
- Asparagus
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Celery
- Chard
- Collard greens
- Cucumber
- Dandelion greens
- Eggplant
- Green beans
- Kale
- Lettuce
- Mustard greens
- Onion

**STARCH**

- Peppers
- Radish
- Scallions
- Sea vegetables
- Spinach
- Squash (summer)
- Tomato
- Turnip (white)
- Watercress
- Zucchini

**PROTEIN**

- Beans
- Beets
- Burdock
- Carrot
- Chestnut
- Grains
- Legumes
- Parsnip
- Pasta, rice
- Peanut
- Peas
- Potato
- Pumpkin
- Rice
- Sunchoke
- Sweet potato
- Winter squash
- Yams

**ACID FRUIT**

- Clementine
- Cranberry
- Curcun
- Grapefruit
- Kiwi
- Kumquat
- Lemon
- Lime
- Orange
- Pineapple
- Pomegranate
- Strawberry
- Tangerine

**SUB ACID FRUIT**

- Apple
- Apricot
- Blueberry
- Cherry
- Grapes
- Mango
- Nectarine
- Papaya
- Peach
- Pear
- Plum

**SWEET FRUIT**

- All dried fruit
- Banana
- Dates
- Figs
- Persimmon
- Sweet grapes

**MELON**

- Cantaloupe
- Casaba
- Crenshaw
- Honeydew
- Muskmelon
- Watermelon

Infographic by Greg Valou
chronelove.com

Resources:
- Enzyme Nutrition - Dr. Edward Howell
- Body Ecology Diet - Donna Gates
- Hippocrates Health Institute