






FOOD COMBINING GUIDELINES

FOOD TYPE	INCOMPATIBLE WITH...
FRUIT 	All other foods! Fruit is best eaten by itself at least 30 minutes before a meal or at least 2 hours after a meal. This is quite possibly the most important Food Combining Rule of all!
LEGUMES	Fruit, cheese, eggs, fish, milk, meat, yogurt. Legumes are recommended to be eaten with starches (i.e. rice) however to create a “perfect” protein.
EGGS	Fruit (especially melons!) , beans, cheese, fish, kitchari, MILK, meat, yogurt
GRAINS	Fruit, tapioca
HONEY 	Honey should never be cooked, heated, baked, or boiled as this causes the molecules to become a toxic non-homogenized glue that is unrecognizable and indigestible to the body; mixed with equal amounts of ghee by weight is also considered toxic
LEMON	Cucumber, milk, tomatoes, yogurt
MILK 	BANANAS, cherries, melons, sour fruits and fruit juices; bread with yeast, fish, kitchari, meat, yogurt
NIGHTSHADES 	Cucumber, dairy products, melon; In general, nightshades should be avoided by anyone with an inflammatory condition such as arthritis or IBS and also minimized by one with a Pitta condition or increased fire in the body.
TAPIOCA	Fruit , especially banana and mango; beans, raisons , jaggery
YOGURT	Fruit, cheese, eggs, fish, hot drinks, meat, MILK, nightshades
PROTEINS 	Starches, high carbohydrate foods, other proteins (eat only one protein type at a time as all proteins require the different enzymes for digestion), high fat foods as fat inhibit the secretion of the necessary enzymes needed to digest the proteins.
STARCHES AND GRAINS	Proteins, high sugar food
VEGETABLES	Fruit, raw veggies with cooked veggies, combines well with both starches or proteins