

FOOD COMBINING GUIDE

TO IMPROVE DIGESTION & GET MORE NUTRIENTS FROM THE FOOD YOU EAT

Food combining is about eating certain foods together in order to improve the speed of digestion and the ability to utilize nutrients from that food. It also reduces toxin accumulation in your body.

Carbohydrates are first digested by alkaline juices from the mouth, and proteins are digested by acid juices from the stomach. Eating the two foods together results in neutralization of the digestive juices, and the foods takes much longer to digest. When digestive time is extended, the changes of fermentation and putrefaction toxins being formed by the intestinal flora in increased. Mixing the two food groups increases the production of intestinal toxins by neutralizing the production of digestive juices and giving the intestinal flora more time to go back for seconds in the intestinal smorgasbord. Their waste products (toxins) are what then foul up the elimination organs and cause most disease.

- Eating Alive by Jonn Matsen N.D.

| FOOD GROUP | VEGETABLES | SWEET FRUIT | ACIDIC FRUIT | STARCH | PROTEIN | FAT |
|--------------|------------|-------------|--------------|---------|---------|---------|
| VEGETABLES | GOOD ★ | AVOID ✗ | AVOID ✗ | GOOD ★ | GOOD ★ | GOOD ★ |
| SWEET FRUIT | AVOID ✗ | GOOD ★ | AVOID ✗ | AVOID ✗ | AVOID ✗ | OKAY ● |
| ACIDIC FRUIT | AVOID ✗ | AVOID ✗ | GOOD ★ | AVOID ✗ | OKAY ● | OKAY ● |
| STARCH | GOOD ★ | AVOID ✗ | AVOID ✗ | GOOD ★ | AVOID ✗ | OKAY ● |
| PROTEIN | GOOD ★ | AVOID ✗ | OKAY ● | AVOID ✗ | GOOD ★ | AVOID ✗ |
| FAT | GOOD ★ | OKAY ● | OKAY ● | OKAY ● | AVOID ✗ | GOOD ★ |

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|---------------------|---|
| VEGETABLES | Leafy greens, broccoli, cabbage, green peas, tomatoes, sprouted seeds, onions, etc. |
| SWEET FRUIT | Apples, bananas, figs, dates, raisins, prunes, dried fruit, etc. |
| ACIDIC FRUIT | Apricots, lemon, lime, orange, grapefruit, grapes, pineapple, etc. |
| STARCH | Rice, whole grains, lentils, beans, potatoes, etc. |
| PROTEIN | Meat, fish, cheese, eggs, yogurt, nuts, seeds, soybeans, etc. |
| FAT | Butter, ghee, margarine, olives, cream, oils, lard, etc. |



SOURCES

Eating Alive: Prevention Thru Good Digestion - Jonn Matsen - Jeanne Martin - Nelson Dewey - Crompton Books - 1988
Fit For Life - Harvey Diamond - Marilyn Diamond - Warner Books - 1985
Prescription for Dietary Wellness - Phyllis Balch - James Balch - Avery Pub. Group - 1998

