

Food Combining Guidelines

Proper combining of foods optimizes the digestive processes. It is possible to eat a variety of foods which interfere with the digestion of certain others. Likewise, it is possible to eat foods which enhance the digestion or, at least, do not interfere with the digestion of the others. Properly and completely digested carbohydrates yield monosaccharides; improperly and incompletely digested carbohydrates yield the poisonous substances, acetic acid and alcohol (fermentation). Completely digested proteins yield amino acids, whereas incompletely digested proteins yield ptomaines and leucomaines (putrefaction) both poisonous substances. Allergies are a manifestation of improperly digested proteins which enter the bloodstream before they are broken into a sufficiently small fragment; such reactions can be prevented by effecting the eating habits which promote the most efficient digestion all along the alimentary canal. Some suggestions are:

1. Do not mix alkaline foods with proteins. Alkaline fruits include tomatoes and all fruits except prunes, plums, cranberries, and rhubarb. These should be eaten singly and at least three hours after ingestion of proteins. Acid fruits, i.e. prunes, plums, cranberries, and rhubarb, can aid digestion and can be used in the same meal as protein foods. (Rhubarb contains oxalic acid and, on that basis, should be avoided.)
2. Do not mix acid foods and starches. Citrus fruits or vinegar will inhibit the action of ptyalin, a starch-digesting enzyme which originates in salivary secretions. It will not act in even a mildly acidic medium. Proper chewing assures mixing of foods with ptyalin, but the enzyme can become inactivated upon contact with the ingested acids and not be able to work before gastric hydrochloric acid is secreted.
3. Do not mix sugars and starches. Sugars, sweet fruits, and honey ferment if delayed in the stomach. Such a delay can, occur if the sweets in the mouth inhibit the formation of ptyalin. This enzyme is necessary for the preparatory stages of starch digestion to trigger the movement on to the intestine where proper digestion of starches takes place. Do not drink sweetened drinks and eat breads at the same time.
4. Do not mix proteins and carbohydrates. As proteins move into the stomach, pepsin is secreted, and this triggers the release of hydrochloric acid. Protein digestion requires this acidic environment. However, as the medium becomes more and more acidic, starch (carbohydrate) digestion becomes curtailed. Furthermore, the presence of the carbohydrate neutralizes the acid; i.e. the medium which is favorable to the digestion of one is unfavorable to the digestion of the other. "Meat and potatoes" is, therefore, a poor combination, as is meat with alkaline fruits, starches, and sugars.
5. Eat melons by themselves. Melons are so simple to digest, they move directly to the intestine without inducing the formation of enzymes and hydrochloric acid. If other foods hold the melon in the stomach, it can ferment. It is acceptable to eat berries with melons.
6. Do not drink milk. Man is the only creature which drinks milk beyond the age of weaning. Milk causes mucous in the colon, allergies, and malabsorption of nutrients. Milk neutralizes the hydrochloric acid in the stomach, and it should, consequently, not be taken with any protein. The lesson is "don't touch!"
7. Select your proteins wisely. Muscle meat is difficult to digest, even when combined properly with other foods. The best and most digestible source of protein is the egg, and it should be soft-boiled -- never fried, scrambled, or hard boiled.

Food Combining Chart

Eat Proteins with..

Acid Forming Proteins

Clams	Fish	Meats	Oysters	Shrimp	Dried Beans
Crabs	Legumes	Meat Sub.	Poultry	Soy Bean	Lentils
Eggs	Lobster	Nuts (Raw)	Scallops	Dried Peas	Seeds (Raw)

VEGETABLES

Alkaline Forming

Artichokes	Celery	Green Peas	Olives (ripe)	Sauerkraut
Asparagus	Chard	Green Beans	Okra	Sorrel
Beets	Chives	Wax Beans	Onions	Spinach (Raw)
Beet Top	Collard	Horseradish	Parsley	String beans
Broccoli	Cucumber	Kale	Parsnips	Squash
Brussel Sprouts	Dandelion	Kohlrabi	Peppers	Turnips
Cabbage (Raw)	Eggplant	Leek	Pumpkin	Turnip Tops
Carrots	Endive	Lettuce	Radishes	Water Cress
Cauliflower (Raw)	Garlic	Mushroom	Salsify	

ANIMAL FATS

Neutral

Flaxseed Oil
Olive Oil
Butter
Cod Liver Oil
Halibut Oil

ACID FRUITS

Acid Forming

Cranberries
Prunes
Rhubarb (Raw)
Plums

VEGETABLE FAT

Neutral

Peanut Oil
Soy Bean Oil
Sesame Oil

Food Combining Chart

Eat Starches with..

Acid Forming Starches

Barley	Breads	Chestnuts	Doughnuts	Peas (dried)	Potatoes
Beans (Kidney)	Buckwheat	Cookies	Flours	Pies	(Sweet)
Beans (Lima)	Cakes	Corn	Lentils	Potatoes (Irish)	Rolls
	Cereals	Crackers	Muffins		Rice (Brown)

VEGETABLES

Alkaline Forming

Artichokes	Celery	Green Peas	Olives (ripe)	Sauerkraut
Asparagus	Chard	Green Beans	Okra	Sorrel
Beets	Chives	Wax Beans	Onions	Spinach (Raw)
Beet Top	Collard	Horseradish	Parsley	String beans
Broccoli	Cucumber	Kale	Parsnips	Squash
Brussel Sprouts	Dandelion	Kohlrabi	Peppers	Turnips
Cabbage (Raw)	Eggplant	Leek	Pumpkin	Turnip Tops
Carrots	Endive	Lettuce	Radishes	Water Cress
Cauliflower (Raw)	Garlic	Mushroom	Salsify	

SUGAR

Acid Forming

Brown Sugar Candy
Honey
Maple Syrup
Maple
Sugar
Raw Sugar
White Sugar

ANIMAL FATS

Neutral

Flaxseed Oil
Olive Oil
Butter
Cod Liver Oil
Halibut Oil

SWEET FRUITS

Acid Forming

Dates
Dried Currants
Figs
Raisins

VEGETABLE FAT

Neutral

Peanut Oil
Soy Bean Oil
Sesame Oil

Food Combining Chart

Eat Fruits with..

Acid Fruits (alkaline forming)

Apples	Grapes	Lemons	Oranges	Raspberries
Apricots	Cantaloupe	Bananas	Peaches	Quince
Blueberries	Cherries	Limes	Pears	Strawberries
Currants	Citron	Melons	Persimmon	Tangerines
Grapefruit	Kumquat	Papaya	Pineapple	Tomatoes

VEGETABLES

Alkaline Forming

Artichokes	Celery	Green Peas	Olives (ripe)	Sauerkraut
Asparagus	Chard	Green Beans	Okra	Sorrel
Beets	Chives	Wax Beans	Onions	Spinach (Raw)
Beet Top	Collard	Horseradish	Parsley	String beans
Broccoli	Cucumber	Kale	Parsnips	Squash
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