

Food Combining for Easy Digestion

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Vegetables, proteins, and grains

Improve your digestion and increase your energy by combining the appropriate foods at mealtime. Vegetables can be eaten with one another as well as with proteins. Grains can be eaten alone or in combination with non-starchy and low-starch vegetables. Proteins can be eaten alone or with non-starchy and low starch vegetables.

Non-Starchy and Low-Starch Vegetables			
Arugula Asparagus Bok choy, pak choy, tatsoi Broccoli Brussels sprouts Cabbage (<i>red, green, napa, savoy, Chinese</i>) Cauliflower Celery	Chard Collard greens Corn (<i>fresh</i>) Cucumbers Dandelion greens Eggplant Green beans Kale Leeks	Lettuce Mesclun greens Mizuna greens Mushrooms Mustard greens Onions Peas Peppers Radishes (<i>red, black, daikon</i>)	Scallions Sea vegetables (<i>arame, dulse, hijiki, nori, wakame</i>) Spinach Sprouts Squash (<i>summer</i>) Tomatoes Turnips (<i>white</i>) Watercress
Starchy Vegetables	Proteins		Grains
Artichokes (<i>Jerusalem</i>), Beets, Burdock, Carrots, Parsnips, Potatoes, Rutabagas (<i>yellow turnips</i>), Squash (<i>winter</i>), Sweet potatoes, Yams	Avocados, Beans, Eggs, Fish, Milk and other dairy products, Nuts, Olives, Poultry, Red meat, Seeds, Tofu and other soy products		Amaranth, Buckwheat, Millet, Oats, Quinoa, Rice, Spelt, Wheat and other flour products

Fruits

Fruits should always be eaten separately from proteins, grains, and vegetables, since they digest so quickly. Based on their levels of acid and sugar, fruits are divided into four categories – acid, sub-acid, sweet, and melons. (Melons are the fastest foods to digest and should always be eaten alone)

Acid	Sub-acid	Sweet	Melons
Clementines Grapefruit Kiwis Lemons Limes Oranges Pineapple Pomegranates Strawberries Tangerines	Apples Apricots Berries Cherries Grapes (<i>most varieties</i>) Nectarines Peaches Pears Plums	Bananas Dates Dried fruit Figs (<i>fresh</i>) Grapes (<i>Muscat or Thompson</i>) Mangoes Papaya	Canary Cantaloupe Casaba Christmas Honeydew Musk Persian Watermelon