

FOOD COMBINING GUIDE

Simple Steps to Support Better Digestion & Energy

This gentle approach to food combining can help reduce digestive strain, improve energy, and support overall wellness. The goal is to keep meals simple and allow the body to properly digest one type of food at a time.

STEP 1: Choose ONE Main Food Category Per Meal

Try not to mix categories within the same meal. Focus on one main group below:

FRESH FRUITS

Best eaten **alone**, especially in the morning or between meals.

- Apples
 - Bananas
 - Oranges
 - Pears
 - Grapefruit
 - Pineapple
 - Grapes
 - Berries
 - Mango
 - Papaya
 - Peaches
 - Nectarines
 - Kiwi
 - Melons (*eat alone only*)
 - Pomegranate
 - Avocado
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STARCHES

Best eaten earlier in the day (such as lunch).
Avoid combining with animal proteins.

- Butternut squash
 - Acorn squash
 - Kabocha squash
 - Sweet potatoes
 - Yams
 - White potatoes
 - Wheat, barley, rye
 - Oats, buckwheat, quinoa, amaranth, millet, spelt
 - Pasta, cereals
 - Cooked corn
 - Beans & lentils
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ANIMAL PROTEINS

Best combined with non-starchy vegetables only.

- Red meat
 - Pork
 - Poultry
 - Fish
 - Eggs
 - Cheese
 - Yogurt
 - Milk
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NUTS, SEEDS & DRIED FRUITS

Can be used as snacks or light additions, but keep portions moderate.

- Almonds
 - Walnuts
 - Pecans
 - Brazil nuts
 - Cashews
 - Hazelnuts
 - Sesame seeds
 - Sunflower seeds
 - Chia seeds
 - Flax seeds
 - Dried fruits
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STEP 2: Add Non-Starchy Vegetables Freely

These pair well with most food categories and help support digestion.

- Lettuce
- Spinach
- Kale
- Cabbage
- Broccoli
- Cauliflower
- Carrots
- Celery
- Cucumbers
- Zucchini
- Summer squash
- Bell peppers
- Green beans
- Asparagus
- Garlic
- Ginger

STEP 3: Allow 3–4 Hours Between Food Categories

Give your body time to fully digest one type of food before eating another category. This helps reduce digestive stress and supports better nutrient absorption.

HELPFUL DIGESTION TIPS

- Fruit is best eaten on an empty stomach.
- Melons digest quickly and should always be eaten alone.
- Starches are best earlier in the day when digestion is stronger.
- Proteins combine best with non-starchy vegetables.
- Simpler meals often lead to better digestion and more energy.