

What is food combining and how does it work?

Food combining is an approach to eating which makes it easier for your body to digest food. In the 1920`s Dr. Howard Hay developed the philosophy that our body cannot effectively digest proteins and carbohydrates at the same time because the chemical processes are anti-productive during digestion. If you follow Dr. Howard Hay`s food combining guidelines food is more easily digested providing better absorption of the food which gives the body more energy.

Food can be divided into 3 groups: proteins, carbohydrates and neutral. Proteins and carbohydrates should not be eaten together while neutral food can be combined with either proteins or carbohydrates.

There are a few foods to avoid when you follow the food combining philosophy. These foods are dried peas, beans and noodles made of eggs. The reason to avoid these foods is they contain large amounts of proteins and carbohydrates. In addition, sugar, marmalade, sweets, white flour and products which contain these ingredients should also be avoided because they do not contain any beneficial nutrients.

You should allow your intestine to rest after a main meal for at least three to four hours. Although food combining helps to relief digestion, accompanying behaviour like slow eating, well chewing, salivation and enough time for digestion are essential. Especially in the evening food combining is a perfect diet. If you are out for dinner or you have an invitation, with food combining you can choose different edibles without problems. You should use food combining as a guideline for your mild elimination diet step 1.



Information about Food Combining

Carbohydrates	Neutral food	Proteins
The following food group should only be combined and eaten with food from the neutral group.	This food group can be combined either with proteins or carbohydrates.	This food should be combined with the neutral food.
<p>Grain Rye, wheat, buckwheat, barley, unripe spelt grain, oat, German wheat, millet, corn, sweet corn, rice, wild rice, amaranth, bulgur, quinoa, tapioca as well as all bread or rolls made of wholemeal flour or freshly grinded grain and noodles.</p> <p>Potatoes, sweet potatoes</p> <p>Fruits Bananas, fresh dates and figs, non-sulphured dry fruits.</p> <p>Sugar Honey, maple syrup, can sugar, apple and pears syrup and sugar cane are permitted.</p>	<p>Vegetable, herbs and spices</p> <p>Mushrooms</p> <p>Milk, yoghurt, cream</p> <p>Nuts, Pips, Sprouts and Seeds All nuts, seeds such as sunflower seeds, sesame seeds and wheat germ seeds.</p> <p>Oil and Fat Butter, natural fat, all natural and cold pressed native oil.</p> <p>Egg yolk, avocado, olives</p>	<p>Meat, poultry, fish, crust animals and sausages:</p> <p>Milk and milk products cottage and cheese</p> <p>Tofu, products made of soy beans, whole eggs</p>

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