

# Digestibility of food combinations

Poor food combinations (even when everything is plant-based and raw) can cause bloating, gas (fermentation), foul-smelling stools (putrefaction), colon congestion, difficulties in nutrient absorption, and loss of energy. Food combinations are most often used as substitutes for certain non-physiological foods (to imitate their taste and texture) or to soften physical and emotional detox processes (by dissipating nervous energy and introducing toxins) that naturally arise from consuming fruits or raw vegetables as mono-meals.

## Legend :

- **Acidic fruits** = lemons, oranges, pineapple, berries, kiwis, tomatoes, etc.
- **Sweet fruits** = bananas, grapes, dates, figs, etc.
- **Semi-sweet / semi-acidic fruits** = apples, plums, cherries, mangoes, etc.
- **Fruit vegetables** = zucchini, squash, eggplant, cucumbers, peppers, etc.
- **Leafy vegetables** = lettuces, cabbages, broccoli, spinach, asparagus, tree leaves, wild plants, etc.
- **Root vegetables (slightly starchy)** = carrots, beets, turnips, radishes, celeriac, rutabaga, etc.
- **Starches** = grains, legumes and other starch-rich seeds, potatoes, sweet potatoes, cassava, chestnuts, etc.
- **Fats** = oils, butters, creams, avocados, olives, fresh coconut, etc.
- **Fatty proteins** = peanuts, oilseeds, dried coconut, fatty meats, cheeses, etc.
- **Lean proteins** = raw cacao, spirulina, dried seaweeds, yogurt, cottage cheese, curdled milk, skim milk, etc.

## Key points to remember:

- No proteins + starches / No acids + starches
- Fruits should always be eaten alone or with leafy vegetables
- Watermelons and melons should not be mixed with other fruits
- Fruits + honey are compatible

## Fruits or vegetables as mono-meals

Mixing fruits within the same category (sweet, semi-sweet, or acidic) OR mixing vegetables (leafy, root, or fruit vegetables)

Fruits + honey

Fruits + leafy vegetables

Fruits + fruit vegetables

Fruits + root vegetables

## Acceptable combinations (according to H. Shelton and D. Mérien):

- Sweet fruits – Acidic fruits
- Starches – Fats
- Sweet fruits – Fats
- Fruits – Lean proteins
- Honey – Lean proteins
- Starches – Sweet fruits
- Starches – Fatty proteins
- Lean proteins – Fats

## Unfavorable combinations (according to H. Shelton and D. Mérien):

- Fruits – Fatty proteins
- Acidic fruits – Fats
- Starches – Acidic fruits
- Starches – Lean proteins

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