

## Food Combining Guidelines

Different foods are digested in different ways, and require different enzymes. Therefore, foods that are eaten in combinations that promote the best and most efficient digestion help us process the food and receive the benefits from it: energy, prana, well-being.

Here are some guidelines to consider, and a chart for easy reference.

1. Eat Fruit alone, or leave it alone.
2. Do not combine protein with starch
3. Protein with veggies is OK
4. Starches with veggies is OK
5. Do not drink liquids during mealtimes.

