Ayurvedic Food Combining

Best Practices:

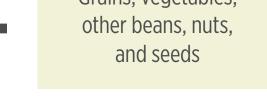
- Keep your proteins simple and separate.
- Dairy is a protein that is best eaten alone or with some grains. (It is best to not mix it with other animal proteins.)
- The "heavier" the food, the heavier it can be on your digestion. Sometimes we need heavier foods, but be aware of the state of your digestion in the moment. • Fruit is best eaten alone, or cooked in small amounts
- when combined with other food.

Foods Beans





Compatible











Grains, vegetables, beans, nuts, seeds, meat, fish, eggs, and

cheese, yogurt, eggs, meat, and fish



Cheese



cooked fruit Grains and vegetables

Butter may not combine with other





Best enjoyed alone. *Exceptions: rice pudding, oatmeal, dates, and almonds

vegetables

Other fruits with

similar qualities,

(i.e. citrus together,

apples & pears, a

berry medley)

Usually okay with

foods as universally as ghee



Grains and

milk, yogurt, and hot drinks Any other food

(especially BANANAS,

cherries, melons,

sour fruits, yeasted

breads, eggs, yogurt,

fish, nightshades, and

hot drinks

MILK, cheese, yogurt,

fruit (especially

melons), beans,

kitchari, potatoes,

meat, and fish

Any other food (aside

Fruit, beans, eggs,







Grains and non-starchy vegetables

meat, fish, kitchari, and starches) Fruit, beans, MILK, cheese, eggs, meat,





Melons

other foods if used in small amounts as a garnish or flavoring.

from other fruit) *Exceptions: dates with milk, and some cooked combinations Cucumbers, tomatoes, milk, and yogurt *Note: Lime can be

substituted for use

with cucumbers

and tomatoes.

EVERYTHING,

especially dairy, eggs,

fried food, grains, and

starches. *Note:

Melons should be

eaten alone or

not at all.

Grains



Other melons (in a pinch), but it's better to have each type of melon on its own. Beans, vegetables, other grains, eggs,

meat, fish, nuts, seeds,

cheese, and yogurt

Grains, beans, other

vegetables, cheese,

yogurt, meat, fish,

nuts, seeds, and eggs

Other vegetables,

grains, beans, meat,

fish, nuts, and seeds

milk) in which case,

reference that

particular food.

Other raw foods,

ideally in small

quantities

Fruit

Fruit and milk

Fruit (especially

melon), cucumber,

milk, cheese, and

yogurt *Note:

Mangoes, cheese,

yogurt, meat, fish, and

starches

Nightshades





Most foods, unless the hot drink contains other foods (i.e. milk, fruit, almond milk, rice Nightshades include peppers, eggplant, potatoes, and tomatoes.



Ideally, just other leftovers from the same meal. Preferably not more than 24 hours old.

Freshly cooked foods

Cooked foods

(especially in large

quantities)