

Food Combining

Proper Food Combining

by Jeannine Lee

How you combine these real foods is as important as eating them.

- Proteins, carbohydrates and fats are needed in the daily cycle of eating - they need to be eaten in balance and in the right combination.
 - Starchy carbohydrates and proteins need to be eaten separately.
 - Eating proteins, in your daily diet, without carbohydrates reduces muscle mass
 - Eating carbohydrates without proteins builds fat.
- Eating balanced amounts of both with healthy fats and plenty of non-starchy vegetables is the key to good health (see [Vital Health Eating](#), by Dr. Darryl Hobson).

Meal Planning:

For Vital Health Eating, separate your meals into protein meals, and carbohydrate meals. As a general guideline, divide your plate into the following percentages:

- 20% protein OR 20% complex carbohydrate
- 20% to 40% cooked vegetable
- 40% to 60% raw vegetable.

Proteins

Your body is made up mostly of proteins, so you will be using protein foods as the main material to rebuild with. You can choose quality protein foods such as meats, poultry, fish, eggs, some cheeses and fermented soy options as your protein source. Nuts and nut butters also contain protein, but the amount of protein is much lower per serving so they are better reserved for snacks.

Guidelines for Protein Consumption:

- Total protein at a balanced meal should be no more than 20% of the meal.
- Eat fresh, organic proteins as much as possible; avoid processed meats (luncheon meats, hot dogs) that are filled with chemicals, additives, preservatives or hormones
- Eat only lean meats
- Eat only nitrate-free meats
- Eat a variety of different proteins and rotate them so that you do not eat the same proteins daily. This will decrease your risk of developing food allergies

Carbohydrates:

Guidelines for carbohydrate consumption:

- Avoid man-made carbohydrates which contain refined sugars and other chemicals
- Choose quality carbohydrates: those which can be grown, picked or harvested
- Choose organic carbohydrates whenever possible
- Soak and/or sprout grains and legumes to change their enzymatic structure prior to cooking

Carbohydrates are needed for energy production. Good quality carbohydrates consist of:

- Starchy vegetables (potatoes, squashes, beets, etc.)
- Legumes (best to sprout them for a few days to change their enzymatic structure)
- Whole grains and cereals
- Some dairy products
- Fruit and vegetable juice

Carbohydrates to avoid:

- Refined grains and cereals
- Sugary foods
- Alcohol

Yogurt

As much as possible eat only organic yogurts. Inorganic yogurts come from a hormone-treated milk supply and have additives and fillers that are harmful to your health. Plain yogurts, without added sugar are best.

Fruit

Fruit contains vitamins, minerals and fiber, but are also high in simple sugar. For that reason, they are best eaten in moderation.

Vegetable Juices

Pure vegetable juices from a juice bar or made at home are your best choices. They are excellent for your health. Drink them freely. Limit the amount of beet and carrot juice due to their high sugar content.

Man-Made Carbohydrates

Sometimes packaged foods are just necessary in our busy days. Read labels. Be sure to select foods that are free from hydrogenated, and/or partially hydrogenated fats, as well as additives, preservatives and added sugars. Look around the store for the “Healthy Living” tags for some ideas on foods that will help you with vital health.

Fats

Healthy fats, including cholesterol, are an essential component to good health. Look for cold-pressed, pure-pressed or expeller-pressed (as opposed to chemically extracted) oils that are packaged in dark containers for freshness.

Non-Starchy Vegetables

- Non-starchy vegetables should make up the majority of your dietary intake
- They are a great source of vitamins, minerals and fiber
- Fiber is important for colon health, helps balance hormones and slows digestion
- Eat organically grown vegetables as much as possible
- Vary your choices to provide a variety of nutrients
- Frozen vegetables are ok. Choose those without additives.

Snacks

It is best to avoid traditional pre-packaged snacks like crackers and cheese or peanut butter, snack mixes, etc. all together. Packaged snacks usually contain overly refined grains, sugars and contain harmful additives.