

## Ayurvedic Healthy and Unhealthy food combinations

It is usually best to embrace a healthy food combining. Notice which foods you combine for easy digestion. It is beneficial to avoid improper food combinations altogether.

### **Unhealthy Combinations**

- **Papaya with Lemon**: Papaya and lemon is a deadly combination that can stir problems with the haemoglobin in the blood. It may also increase the risk of anemia.
- **Orange with Carrot**: This combination induces a great damage to the renal system that gives rise to several other diseases on the go. It also causes heart burn and excess bile reflux.
- **Guava with Banana**: Eating this combination makes both children and adults feel nauseous due to the gases produced in the stomach. Apart from this, it also paves a way for headaches and stomach-related ailments.
- **Pomegranates with Apricots**: This combination of protein-rich fruits with the ones that are rich in sugar might produce several gastric problems. Sugar has a negative effect on the enzymes that digest protein and hence it slows down the process of digestion.
- **Banana and Pudding**: This combination increases the production of toxins in the body and can turn out to be fatal in the case of infants. It also creates heaviness in the stomach and should not be given to toddlers.
- **Orange with Milk**: The acid in orange will destroy the enzymes that are responsible for digesting the starch present in the cereal. It may also curdle the milk and enable it to become a mucus-forming substance in the body, which is bad.
- **Banana with Milk**: Though commonly eaten together, bananas and milk are challenging to digest together because their qualities are so different. Bananas are heating while milk is cooling. Further, bananas become sour as they break down, so our digestive fire has to process a sour substance and milk at the same time. When bananas and milk are eaten together, their opposing qualities tend to smother the digestive fire and can disrupt the balance of intestinal flora, which results in the creation of toxins. This combination also frequently causes congestion, colds, coughs, allergies, hives, and rashes. A similar situation arises when we combine any sour fruit with milk.
- **Beans and Cheese**: Beans and cheese are similar in that they both tend to be heavy and are often difficult to digest. In order to break down properly, they both require a good deal of digestive strength. Beans tend to taste mostly astringent and sweet, can be either heating or cooling (depending on the type of bean), and usually have a pungent post-digestive effect. Cheese, on the other hand, tastes predominantly sour, is almost always heating, and usually has a sour post-digestive effect. The post-digestive effect of different foods occurs once that food has moved into the colon; it affects the urine, feces, sweat and tissues – sometimes even at the cellular level. Two foods with distinct post-digestive effects are typically quite different from one another. This is the case with beans and cheese; when they are eaten together, they tend to overwhelm and confuse the digestive fire. Meanwhile, their combined heaviness makes them even more difficult to process, often resulting in poor digestion and the accumulation of *amla*.

- **Nightshades and Cheese:** This combination is simply too taxing for the digestive fire. A nightshade is a common name for a member of the plant family, which includes potatoes, bell peppers, tomatoes, eggplants, cayenne peppers, paprika, tobacco, dhatura, and over 2,500 other plants. Nightshades contain a complex array of compounds that, once ingested, lead to a potentially dramatic cascade of chemical reactions in the body. Ayurvedically speaking, all nightshades are believed to be somewhat difficult to digest and to have the capacity to disturb the *doshas*. When we mix these inherently challenging nightshades with cheese – which is heavy, oily, and also difficult to digest –we can quickly overtax the digestive fire.
- **Cucumbers and Tomatoes:** Not compatible with each other and should never be consumed together. When they reach the stomach and the process of fermentation starts, the acid released in the abdominal cavity for digestion can cause numerous digestive problems.
- **Orange and Bread or Noodle:** You should never mix bread or noodles with orange juice as the acid content required to digest the juice can destroy the enzyme responsible for starch digestion.
- **Melon and Watermelon:** You should never eat melon and watermelon together, as these fruits are meant to be consumed alone, not in combination with any other fruit.
- **Fruit and Yogurt:** This combination will slow down your digestion and harm your intestinal flora. This especially goes for adding pineapple to your yogurt, which boosts the active ingredients that cause food poisoning

The following is a helpful guide, not an exhaustive list. In fact, you may be aware of other combinations that do not work for your body.

Food items	Unhealthy Combinations	Healthy Combinations
Hot Drinks (milk, fruit, almond milk, rice milk, etc)	Mango, cheese, yogurt, meat, fish, starches	Most other foods are ok
Leftovers	Freshly cooked foods	Ideally, just other leftovers from the same meal... Preferably not more than 24 hours old.
Raw Foods	Cooked foods (especially in large quantities)	Other raw foods, ideally in small quantities.
Beans	Fruit, milk, cheese, yogurt, eggs, meat, fish	Grains, vegetables, other beans, nuts, seeds
Butter and Ghee	Butter may not combine with other foods as universally as ghee.	Grains, vegetables, beans, nuts, seeds, meat, fish, eggs, cooked fruit
Cheese	Fruit, beans, eggs, milk, yogurt, hot drinks	Grains, vegetables
Milk	Banana, cherries, melons, sour fruits, yeasted breads, eggs, yogurt, meat, fish, starches)	Milk is best enjoyed alone... Exceptions: rice pudding, oatmeal, dates, almonds
Yogurt	Fruit, beans, MILK, cheese, eggs, meat, fish, nightshades, hot drinks	Vegetables, grains

Eggs	MILK, cheese, yogurt, fruit (especially melons), beans, potatoes, meat, fish	Grains, non-starchy vegetable
Fruits	Any other food (aside from other fruit). Exceptions: dates with milk, some cooked combinations	Other fruits with similar qualities (i.e. citrus together, apples with pears, a berry medley, etc.)
Lemons	Cucumbers, tomatoes, milk, yogurt. Note: lime can be substituted for use with cucumbers and tomatoes.	Usually ok with other foods, if used in small amounts as a garnish or flavoring.
Melons	Everything, especially dairy, eggs, fried food, grains, starches	It is better to have each type of melon on its own.
Grains	Fruit	Beans, vegetables, other grains, eggs, meat, fish, nuts, seeds, cheese, yogurt
Vegetables	Fruit, milk	Grains, beans, other vegetables, cheese, yogurt, meat, fish, nuts, seeds, eggs

**Eating Fruits Alone:** Fruits are best enjoyed on their own because they are usually somewhat acidic, fairly simple to digest, and often digests quite quickly. When fruits are eaten with other foods, there is usually a significant discrepancy between the amount of time required to properly digest the fruit versus the more complex food. Inhibited by the more complex food, the fruit tends to move through the digestive tract too slowly and can cause fermentation, gas, and bloating. In addition, the combination typically introduces a number of conflicting qualities into the digestive tract all at once, which has the potential to overwhelm or stifle the digestive fire.

**When to drink water:** Before meal or at least an hour after meal. Water might help it to go down your throat, but the problem is that it goes straight through the system and in the process it dilutes the digestive juices and enzymes that your body requires to digest the food. This does mean that your body is going to find it harder to deal with your meal, so once again it will sit there for an extended period of time and that ultimately leads to a build-up of gas and it is going to be rather uncomfortable. You might believe water is helping you, but it is actually doing the complete opposite.