

# NUTRITIONAL AWARENESS GUIDE

by LEGION OF LIGHT

## THE PRINCIPLES OF PROPER FOOD COMBINING

### ACID FRUITS

Grapefruit	Pineapple
Kumquats	Pomegranates
Lemons	Strawberries
Limes	Tangerines
Oranges	Tomatoes

Although these fruits are classified as acid, they are beneficially alkalinizing for the body.

### SUB-ACID FRUITS

Apples	Kiwi
Apricots	Mango
Berries	Nectarines
Cherimoya	Papaya
Cherries	Peaches
Fresh Figs	Pears
Grapes	Plums

### SWEET FRUITS

Bananas	Persimmons
Dates	Prunes
Dried Fruits	Raisins
Figs	Sapote

GOOD

GOOD

POOR

### MELONS

Cantaloupe	Muskmelon
Casaba	Persian
Crenshaw	Sharlyn
Honeydew	Watermelon

EAT MELONS ALONE

After eating fruit, allow at least 30 minutes before eating other foods.

Avoid eating fruit for at least 3 hours after eating other foods.

\* DO NOT COMBINE FOODS ACROSS THIS LINE \*

### LOW AND NON-STARCHY VEGETABLES

Alfaifa Sprouts	Chard	Okra
Asparagus	Collards	Onions
Artichokes	Corn	Parsley
Beet Greens	Cucumber	Peas (Fresh)
Beets	Eggplant	Peppers
Bok Choy	Garlic	Radish
Broccoli	Green Beans	Sea Vegetables
Brussels Sprouts	Kale	Scallions
Cabbage	Leafy Greens	Spinach
Carrots	Lettuce	Turnip
Cauliflower	Mung Bean Sprouts	Watercress
Celery	Mushrooms	Zucchini

EXCELLENT

EXCELLENT

### PROTEIN

Dry Beans/Peas	Soybeans
Nuts and Seeds	Soy Products
Peanuts	Tofu

\*The following proteins are not recommended for optimum health but are included for clarity:

Dairy Products	Fowl
Eggs	Meats
Fish	

### CARBOHYDRATES STARCHES

Bread  
Chestnuts  
Corn  
Dry Beans/Peas  
Grains/Cereals  
Jerusalem Artichokes  
Pasta  
Potatoes  
Pumpkin  
Winter Squashes  
Yams

POOR

GOOD

POOR

### FATS

Avocado	Coconut	Olives
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### OILS

(Oils are classified as fats)

Avocado	Olive	Sesame
Corn	Safflower	Soy
Nut Oils	Seed Oils	Sunflower

The following fats are not recommended for optimum health but are included for clarity

Butter	Cream	Margarine
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POOR

GOOD

### EXCEPTIONS

- Avocados combine well with acid and sub-acid fruits, vegetables, and tomatoes.
- Tomatoes combine well with non-starchy vegetables, avocados, nuts and seeds.
- Soaked or sprouted nuts and seeds can be combined with fruits.

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THE PRINCIPLES OF PROPER FOOD COMBINING

## THE BASICS

Why should we want to give any attention at all to the way we combine the various foods we eat? Why shouldn't we just eat anything we want, at any time we choose? The answer to these questions is quite simple. Our digestive tract is not designed to digest the complex assortment of foods that most of us combine together without discrimination.

There are very important reasons for learning to combine your foods correctly. Before the foods we eat can be absorbed through the intestinal tract and transported to the cells of our body (via the bloodstream), they must first be broken down into simpler biochemical forms. The key components necessary for this process are called enzymes.

Enzymes are the active elements in the digestive juices responsible for the proper chemical breakdown and digestion of our food. These enzymes have specialized functions and definite limits in their capabilities. Different digestive enzymes are secreted for digesting specific types of food. For example, an enzyme that helps digest fats will not break down protein or carbohydrate (starches). Likewise, an enzyme that digests carbohydrates will not work on fats or protein. The process the body uses for the digestion of proteins is different from the process used for the digestion of carbohydrates and starches.

By understanding that our digestive enzymes have specialized functions and biochemical limitations, it becomes obvious that our systems are not designed to digest numerous types of foods at the same time. Improperly combined foods are poorly digested, and produce toxic by-products in the body can be the source of many serious health problems. Although changing our dietary habits can present a challenge, the rewards of vitality, health and well-being are definitely worth the effort. There are remarkable benefits to be gained, physically, emotionally, and mentally, when we choose to cooperate with our body's biological capabilities and follow the principles of proper food combining.

Proteins are one of the most abundant substances in the body. They are used in building and repairing tissues, and are a most important factor in maintaining good health and vitality.

Proteins are composed of smaller substances called amino acids, and are more complex than fat or carbohydrates. They are digested under the influence of the proteolytic (protein-splitting) enzymes pepsin and trypsin. Protein requires an acid medium in which to digest. Therefore, protein foods and starch/carbohydrate foods (which require an alkaline medium for digestion) should be eaten at separate meals. Fats slow down digestive processes, so it is better not to combine fats and protein at the same meal. Because simple sugars (fruits, honey, syrups, etc.) are so quickly digested, they should not be eaten with protein, which requires a more complex and prolonged digestive process.

It has been well-established that protein derived from animal sources is linked to numerous health problems. The finest sources of high-quality protein will be found in fresh fruits, vegetables, raw nuts and seeds, whole grains, and legumes.

## PROTEIN

- Do not eat when you are emotionally upset, stressed, or after a hard workout.
- Eat only when hungry and stop before you are full.
- Do not eat foods that are too hot or too cold; they can damage the enzymes necessary for proper digestion. Room temperature is optimum.
- Drink little or no liquid during meals; it dilutes digestive juices and impairs digestion.
- Always avoid refined, canned, fried, and processed foods.
- Learning to combine foods properly is not just a passing trend. The principles of proper food combining are scientific, biochemical facts of life.
- Health is wealth! This cannot be emphasized enough. If we do not have our health, nothing else is going to matter.
- A positive and loving attitude towards yourself, others, and life, along with a healthy diet, is the ultimate combination for a long, joyous and productive life!

## REMEMBER...

Carbohydrates are the main source of energy for all body functions. They provide us with calories that are readily available to the body for use as energy. Carbohydrates are usually referred to as sugars and starches. We should obtain these from fruits, vegetables, seeds, nuts and whole grain cereals (which are called complex carbohydrates).

The body converts all sugars and starches to simple sugars such as glucose (for immediate use by the body) or glycogen, which is stored for energy). These simple sugars are used as a fuel for muscles, nervous system and brain. Simple sugars, such as those found in honey and fruits, are easily digested. Starches, such as those found in whole grains, are more complex, having to be broken down into glucose. Cellulose, a carbohydrate found in the skin and fiber of fruits and vegetables, provides bulk for good intestinal functions and proper elimination.

The main enzymes involved in carbohydrate/starch digestion are salivary amylase (called ptyalin) and pancreatic amylase (called amylopsin). Carbohydrate/starch foods require an alkaline medium for proper digestion. Therefore, eat protein foods (which require an acid medium for digestion) and carbohydrate/starch foods at separate meals. Because simple sugars (such as fruit) are so quickly digested, they should not be eaten with complex carbohydrates (grains, bread, potatoes, etc.), which require a more complex and prolonged digestive process.

Consumption of "refined" carbohydrate foods such as white flour products, white sugar, candy, cola drinks, and other "junk foods" can cause toxicity and vitamin/mineral deficiencies in the body and can lead to serious health problems.

## CARBOHYDRATES/STARCHES

Fats (also called lipids) are the most concentrated source of energy in the diet. They are compounds of carbon, hydrogen and oxygen, which are the same elements found in carbohydrates but present in different combinations and proportions.

Along with providing energy, fats serve as the carriers for the fat-soluble vitamins (vitamin A, D, E, K). Fats are an integral part of the process whereby calcium is made available to the tissues of the body. They are also important for helping the body convert carotene to vitamin A.

Under the influence of lipases (fat splitting enzymes) which are secreted by the pancreas, fats and oils are broken down to glycerol and fatty acids. Glycerol is converted (in the liver) into glucose or glycogen to be used as fuel for energy.

Oils are similar to fats but are usually liquid at room temperature. Fats and oils tend to slow down and inhibit digestion, therefore it is best to avoid eating fats and proteins at the same meal.

Fat derived from animal sources has been linked to numerous health problems. The highest quality sources of fats and oils will be found in fresh fruits (such as avocados and olives), vegetables, raw nuts and seeds, whole grains, and legumes.

## FATS/OILS