

Proper food combining is a way to support your physical, mental and emotional well being. In Ayurveda, a 5,000+ year old health system from India, incompatible food combination is called *virudd ahar*. Ayurveda means the science or knowledge of life, and is often described as the sister practice to Yoga, and provides us with comprehensive, time tested principles on what to do and what not to do to improve and maintain physical, mental and emotional health.

Biochemically, some foods do not belong together and consuming them at the same time can create adverse metabolic or immunological effects on the body. These incompatible foods are safe to eat on their own, and ideally should be consumed hours apart from each other.

Generally, milk does not go well with just about any food, except grains, sugar and honey. Fresh fruit is best eaten alone, and incompatible with milk.

In medicine, statin drugs lower cholesterol. Grapefruit increases effects of statins, so they are not compatible taken together. Warfarin or coumadin prevents blood clots and too many leafy greens can prevent warfarin from working.

Some people have naturally robust digestion and others may have weaker digestion, but over time we can all develop compromised digestion. In any situation, we can benefit from making conscious choices with our diet. The ancient Ayurvedic texts gives a long list of food compatibility and incompatibility combinations. The following are some more common ones we see today.

As with introducing anything new, be kind to yourself, and certainly don't deprive yourself or stress over food, as food should be enjoyed. Being open and building awareness is as good a start as any. Keep in mind, over time any small doable change for the positive have lasting results.

**FOOD INCOMPATIBILITY**

FOOD	COMPATIBLE	INCOMPATIBLE
meat	grains, vegetables	dairy(milk,cream,cheese,yogurt) eggs, beans, *nightshades
eggs	grains, vegetables	milk, cheese, yogurt, beans, fresh fruit, melons, bananas, meat, fish, *nightshades
beans & legumes	grains, vegetables,	milk, cheese, yogurt, fruit eggs, meat, fish, shellfish
cheese	grains, vegetables	milk, eggs, beans, fresh fruit, melons
yogurt	grains, vegetables nuts & seeds	milk, fresh fruit, leafy greens, leafy greens, beans, eggs, vinegar, coffee, *nightshades
milk & cream	best alone- but ok with grains, rice, oats, almonds, dates raisins, sugar, honey	meat, fish, shellfish, beans, fresh fruit, bananas, melons yogurt, salt, salty foods, eggs, *nightshades
grains	beans, legumes, eggs, meat, fish, yogurt nuts & seeds	fresh fruit
fresh fruit (except for pineapple & papaya)	fruits of same kind (citrus with citrus berries with berries stone fruits together)	dairy, cooked food, grains salads, leafy greens- melons have on their own; cooked fruit fine with other foods
lemon		cucumber
radish		raisins

\* Nightshades- potatoes, tomatoes, bell pepper, eggplant