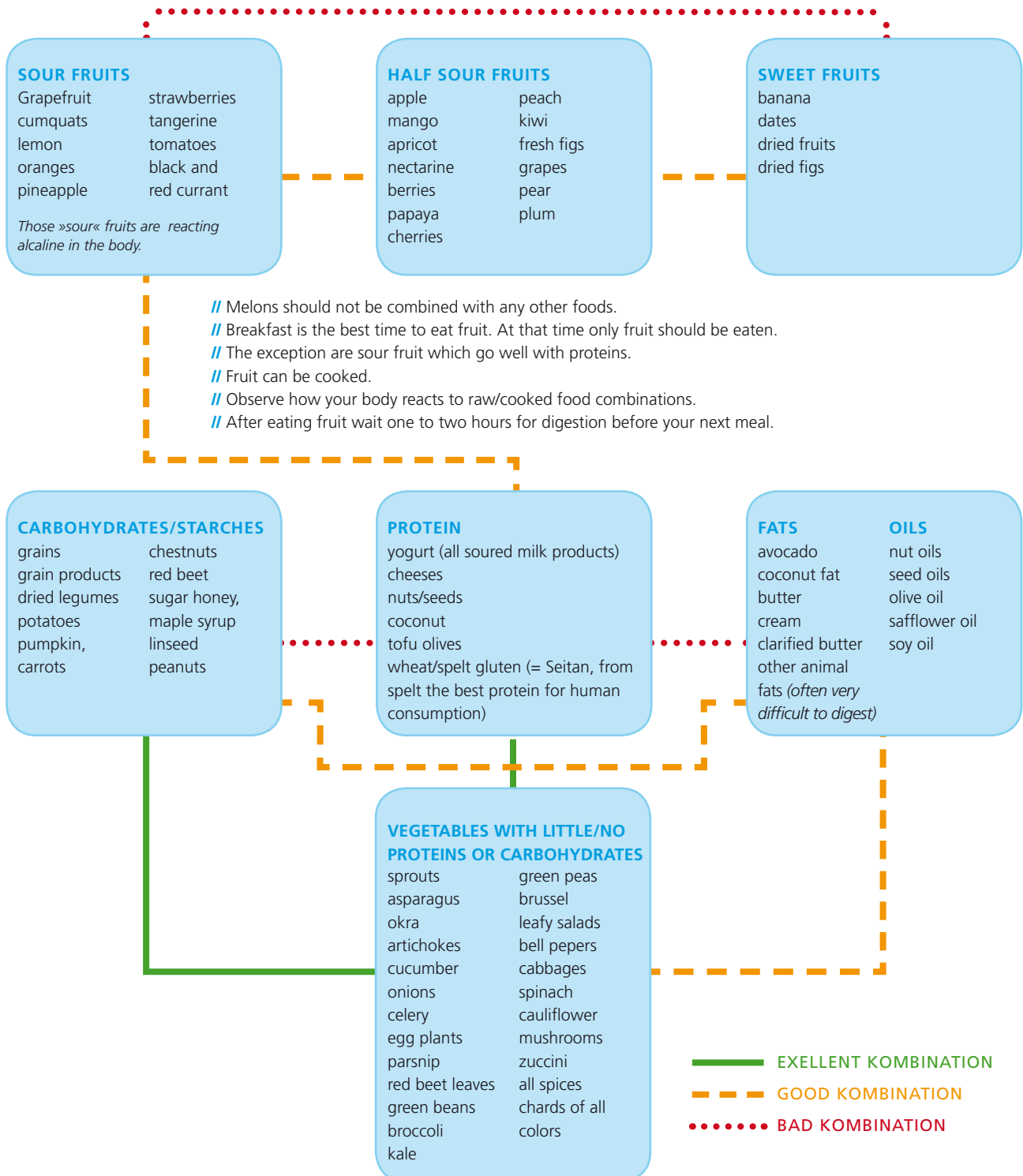


## AYURVEDIC PRINCIPLES OF FOOD COMBINING



- // All combinations of carbohydrates and proteins are difficult to digest.
- // Read ingredient lists on foods, especially if they are not organic. The longer the list the further you should stay away from it!
- // Sour fruits combine well with proteins.
- // Tomatoes combine well with proteins or vegetables with little or no proteins/carbohydrates.
- // Do not add any fats/oils to proteins; fats/oils are o.k. when naturally occurring (in cheeses, nuts, etc.)