

# Disease Prevention

## Food combining (1)

"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth."

3 John 2



Undigested foods have no nutritional value. Proper food combining is of the utmost importance for **digestion** and **assimilation** (absorption) of starches, sugars, protein, and fats.

Fermentation and putrefaction (rotting) is the result of incomplete or poor digestion. **(This contaminates the blood)**

"The digestive organs have an important part to act in our life happiness. God has given us intelligence that we may learn what we should use as food. Shall we not, as sensible men and women, study whether the things we eat will be in agreement, or whether they will cause trouble? People who have a **sour stomach** are very often of a **sour disposition**. Everything seems to be contrary to them, and they are inclined to be **peevis**h and **irritable**. If we would have peace among ourselves, we should give more thought than we do to having a peaceful stomach." - *Counsels on Diet and Foods, p. 112*

"Knowledge in regard to proper food combinations is of great worth, and is to be received as wisdom from God." - *Counsels on Diet and Foods, p.109*



## Principles of Food Combining

1. Fruits and vegetables are best if not combined at the same meal

"It is not well to eat fruit and vegetables at the same meal. If the digestion is feeble, the use of both will often cause distress, and inability to put forth mental effort. It is better to have the fruit at one meal, and the vegetables at another." - *Counsels on Diet and Foods, p. 112*

"Fruit and vegetables taken at one meal produce acidity of the stomach; then impurity of the blood results and the mind is not clear because the digestion is imperfect." You should understand that every organ of the body is to be treated with respect. In the matter of diet, you must reason from cause to effect." - *Counsels on Diet and Foods, p. 112*

2. In order to avoid a sour stomach, **keep the combinations simple**; avoid combining **many different kinds of food** at the same meal. A well-balanced nutritious meal can be planned with just two or three different kinds of food groups and still have a nice variety.

**\*\*EXAMPLE\*\*** A salad may have 4 or 5 different varieties of leafy greens (romaine, spinach, kale, etc.) but they are all in the same kind, or group, of leafy greens. You may also plan, at that meal, a protein dish made of legumes; and you may want to include some squash and/or green beans. This dinner meal (example) has several different varieties of foods; but it really only is 3 kinds of food. Bread and olives or avocado may also complement the meal of leafy vegetables, legumes, and succulent foods. These three groups are compatible



3. It is not good to have too great a variety of food at a meal.

"Do not have too great a variety at a meal; three or four dishes are a plenty. At the next meal you can have a change." - *Counsels on Diet and Foods*, p.109-110

"There should not be a great variety at any one meal, for **this encourages overeating**, and causes indigestion. *Counsels on Diet and Foods*, p.112

These dishes should be made of the kinds of foods that combine well and are compatible with each other. Avoid heavy and complicated mixtures, which is a frequent cause of indigestion. The more simple the meals, the better they are.

4. When planning a meal, choose **complex carbohydrates** such as **whole-grain cereals and breads, vegetables, and naturally sweet fruits**. These contain nutrients and fiber that are often lacking in refined carbohydrates such as white flour products and refined sugars. Choose proteins of vegetable sources, such as legumes. These are adequate to combine with grains and nuts.

**NOTE:** Those who have difficulty digesting legumes (such as soybeans, mung beans, lentils, and garbanzo beans) may find them easier to digest when sprouted, lightly steamed, and eaten in proper combination with other foods, such as in a green salad.

"Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God." 1 Corinthians 10:31

