

FOOD COMBINING AND FOOD SEQUENCING



A Different Way To Eat

- The idea of eating in a specific way or combination is not new and there are many books and theories out there addressing this topic
- Food combining is a theory that really does not stand up scientifically but it can be very helpful, despite this
- Food sequencing has a little more science behind it and it is also very effective.



Food Combining

- There are a lot of versions around but this is the most common one:
- Because proteins require time in the acid environment of the stomach and carbohydrates need the alkaline environment of the small intestines, they should not be eaten together
- It is based on the fact that acids can ferment carbohydrates and the assumption is that this will produce more gas and digestive issues



Basic Rules

- Meats and fish with vegetables
- Carbohydrates such as pasta, grains and legumes with vegetables
- Fats with anything
- Fruit is eat alone



Pro and Cons

- Only big carbohydrates foods and concentrated protein like meat and fish can be eaten separately
- Grains and legumes have proteins and carbs together and cannot be separated
- The theory is flawed – it is based on the assumption that our stomach mixes food like a washing machine
- Food moves through the stomach on bite at a time and enters the intestines in small amounts
- However, it does help with digestion as people tend to eat less

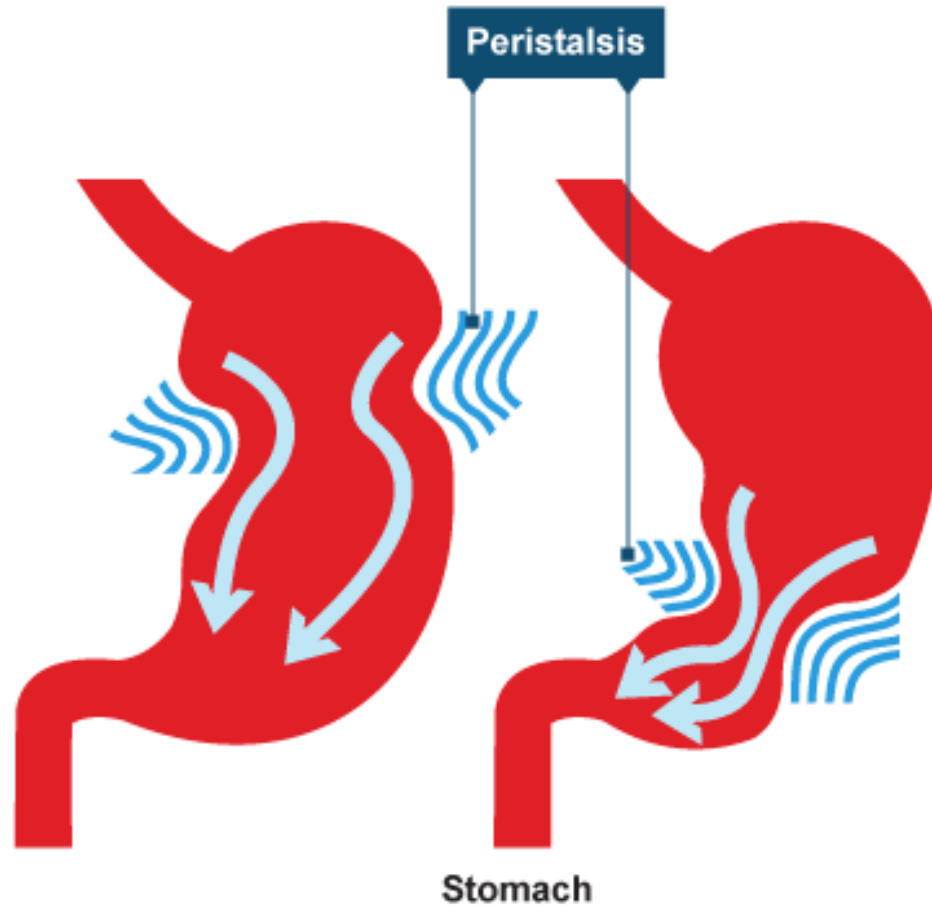


Food Sequencing

- Advocated by Dr Stanley Bass (www.drbass.com), it refers to the order in which you eat the food on your plate
- Since food moves through the GI tract one bite at a time, the order in which you eat can make a difference as to how you digest
- Since vegetables digest quickly – they are eaten first
- Then the bigger carbohydrates and the meat or fish is eaten last
- Fruits is eaten alone



Food Sequencing



Pro and Cons

- It is easy to do and works well with most types of meals
- It does not require a lot planning
- Can be done without calling attention to what you are doing at family events or dinner parties
- Does not work with meals like pasta with meat sauce or a hamburger or sandwich made with meat
- But it quite effective with the right kind of meals

