



Food Combinations:

The Secret to Healthy Eating

By Yummy Times

Our digestive system is designed to digest food and will continue to do so as long as we don't overload it too much or too often. Chinese cuisine is all about mixing foods, but it's not done randomly. It is believed that certain combinations of food are incompatible. If you combine the wrong foods, your body will become acidic and unbalanced, and cause indigestion. We don't want that!

GOOD COMBOS = HEALTHY BODY

Vitamin C + Iron

WHY:

- ✓ Helps your body absorb iron more efficiently
 - ✓ Reduces the size of tumours
- Eat iron-rich foods (leafy greens, dried fruit, artichokes and legumes) + foods high in Vitamin C (tomatoes, peppers, citrus and leafy greens).

Green Tea + Lemon

WHY:

- ✓ Increase catechin absorption
- Adding lemon juice to your green tea toughens up catechins, boosting the number you digest up to 13 times.

Consuming green tea when you eat fish helps block mercury from entering your bloodstream. You can drink several cups each day without harmful side effects.

Pasta + Balsamic Vinegar

WHY:

- ✓ Vinegar's acetic properties slow down how quickly you digest and absorb glucose from starchy foods, so your blood sugar rises and falls more gradually
- Adding two tablespoons of vinegar to a starchy dish can slash post-meal blood-sugar surges by 20%. A huge plus if you're monitoring blood sugar for diabetes.

Yoghurt + Ground Flaxseed

WHY:

- ✓ Better Digestion
- Your gut is home to more than 400 kinds of bacteria. Some are friendly, others not so much. Yoghurts that are specially designed for digestive health can help by providing probiotics. But you can't just eat those and assume the job is done. Probiotics need to feed on prebiotics—specialised fibres found in foods like flaxseed—to survive and thrive. When you eat them together, you restore and then maintain the healthy balance in your belly.
- Sprinkle a tablespoon of ground flaxseed onto your probiotic yoghurt.

BAD COMBOS = INDIGESTION

There are some foods that simply won't match. If you eat them together, you'll get a tummy ache, because most foods need different amounts of time and chemicals to digest. If you do mix these incompatible foods, your body will secrete enzymes that cancel each other out. This causes bloating, gas, weight loss, and fluctuations in energy levels. It can also lead to slowed or impaired digestion, causing food to ferment in the stomach or toxins to be released in the intestines. Yikes!

So here's what to avoid.

Honey + Soy Milk

WHY NOT:

- ✗ Diarrhoea
- ✗ Tinnitus

Substituting soy milk for cow's milk might seem like a healthy option for some, but if mixed with honey, it may lead to disastrous results - chronic diarrhoea for starters.

While milk and honey is a healthy combination that creates antibacterial qualities, substituting bean-juice for cow milk sends the digestive system into a tailspin, leading to the trots, and in extreme cases, tinnitus.

Meat + Potatoes

WHY NOT:

- ✗ Digestive problems
- ✗ Lower metabolism

Surprised to see this on the 'avoid' list? A traditional favourite that often makes for a full and satisfying meal, the

starch from the potatoes is digested in the smaller intestine while the protein from the meat is digested in the stomach. So when we eat them together we may suffer from digestive problems and lower metabolism.

Alcohol + Seafood

WHY NOT:

- ✗ Risk of kidney disease and gallstones
- ✗ Reduces vitamin D absorption

Alcohol may be a tasty addition to meals, but hold that beer at your next seafood fest.

Fish, fish liver, and fish liver oil are excellent sources of Vitamin D (something most of us are lacking). But mixing fish with wine reduces Vitamin D absorption in your body. But don't get rid of the corkscrew just yet. It is believed that heart-healthy polyphenol antioxidants in wine might be responsible for the improved absorption of omega-3 fats.

Fruit with or after a meal

WHY NOT:

- ✘ Bloating
- ✘ Fruit will ferment in your stomach

Fruit digests the fastest. In a matter of 20-30 minutes! Eating fruit for dessert will cause a traffic jam in your digestive tract (um...I'll take a slice of cake then, please!). The fruit will sit on top of whatever else is in your stomach and begin to ferment. By the time it reaches your intestines, there will be barely any nutrients left to absorb. This will leave you feeling bloated and tired.

Fruit is best eaten 30-60 minutes before meals or with green veggies. When fruit is eaten alone on an empty stomach before a meal, it prepares the digestive tract and makes it more capable of absorbing nutrition. After a meal, wait at least three hours before eating fruit.

Spinach/Spring Onion + Tofu

WHY NOT:

- ✘ Prevents absorption of iron, protein, and calcium

Spinach contains oxalic acid while tofu is a great source of calcium oxalate concretions. Eaten at the same time, this will affect absorption of calcium and may cause blockages in the stomach. When oxalic acid reacts with the calcium in tofu, chemicals will form that destroy the calcium. The same thing happens when tofu is mixed with spring onion.

Milk + Tea

WHY NOT:

- ✘ Decreases antioxidant effects

of drinking tea

Recent studies suggest we shouldn't follow the old British tradition of adding milk to your cup of black tea, as it will blunt the tea's cardiovascular benefits. Casein protein in milk may bind with the antioxidants in tea, rendering them less available for absorption.

Citrus Fruit + Milk

WHY NOT:

- ✘ Diarrhoea

All citrus fruits are acidic, and milk, as we all know, has protein in it. According to food chemistry, fruit acids and protein are not good friends. They react in a way that will leave you feeling like a balloon that is ready to explode. But a bloated belly is not your only problem; the infamous diarrhoea might also come for a visit.

Crab + Persimmon

WHY NOT:

- ✘ Stomach aches & indigestion

These two should not be eaten together, as they will cause stomach aches, vomiting and of course, diarrhoea. The protein in crab meat and tannin in persimmon might also form a hard indigestible chunk in your tummy.

Beef + Chestnut

WHY NOT:

- ✘ Stomach aches & indigestion

Both are super nutritious for your body when eaten separately. However, if you try to mix these two goodies, they will punish you with dyspepsia – a fancy word for 'indigestion'.



Give your body time to digest between eating foods that don't combine. Of course, feasting on different foods once in a while won't kill you. But in the long run it's probably wise to keep in mind that moderation is key to a happy belly and possibly to a longer life.

You may not be able to follow these food combining rules religiously, but by keeping them in mind, making healthy nutrition choices overall, and avoiding the worst combinations, you'll improve your metabolism and get on track with your healthy nutrition plan. You'll also likely notice that you have more energy and that you're sleeping better. Every rule has an exception, and one person's food is another person's poison. Listen to your body's messages and find out what works best for you.



About Yummy Times

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