


Ayurveda Food Combining

Foods	Compatible	Incompatible
Raw foods 	 Other raw foods	 Cooked foods
Milk 	 Best to take alone. (Can be combined with rice, oats, almonds, dates)	 Never with bananas . Other incompatible foods include melons, sour fruits, bread, curd, eggs, meat, starchy vegetables)
Eggs 	 Grains and non-starchy vegetables	 Dairy including milk , curd, and cheese, melons, beans, Khichdi (rice & lentils), starchy vegetables, meat, fish
Fruits 	 Similar fruits can be combined (such as citrus together, berries together, etc.)	 Fruits are lighter, hence easier to digest. When taken with any other food group will result in increased digesting time and may release toxins
Vegetables 	 Cereals, beans, other vegetables, nuts, seeds, eggs, meat, and fish	 Fruits and milk
Grains 	 Beans, lentils, vegetables, ghee, cheese, yogurt, nuts, seeds, meat, fish and eggs	 Fruits
Yogurt 	 Grains and vegetables	 Definitely not with milk and hot drinks . Other foods not to be combined are fruits, beans, eggs, meat, nightshades, and eggs
Ghee (Clarified butter) 	 Beans, lentils, vegetables, ghee, cheese, yogurt, nuts, seeds, meat, fish and eggs	 Honey
Lemon 	 Can be combined with other foods in small quantities as in garnishing or flavouring	 Milk, yogurt, cucumbers, tomatoes
Melons 	 Can be combined with other melons in little quantities. Best to eat each type alone	 Best to be eaten alone
Nightshades <small>Include potatoes, eggplants, bell peppers, and tomatoes</small> 	 Grains, other vegetables, lentils, meat, fish, nuts and seeds	 Fruits, dairy (milk, cheese, yogurt), cucumber
Hot drinks 	 Almost all foods (except when it contains milk: in that case milk combining rules apply)	 Mangoes, starchy vegetables, meat, fish, cheese, yogurt