

RAW VEGAN FOOD CATEGORIES AND DIGESTION TIMES

*Note: these are general guidelines based on observed practices that avoid food combinations that ferment in the gastrointestinal tract and create acidosis and “internal composting” (see *Rainbow Green, Live Food Cuisine* by Gabriel Cousens, MD for an explanation of this concept). There may be some exceptions since not all possible combinations can be represented, but generally these guidelines work to avoid fermentation and acidosis. Some foods have components that fall into more than one category. Sprouting makes a food more easily digested. For example, unsprouted beans digest slower than sprouted, and sprouting converts some of their proteins into carbohydrates. Blended or finely chopped foods digest faster than usual. Unripe fruit digests more slowly. Also, botanically, any produce with a seed inside is considered a fruit, but for food combining purposes some nonsweet fruits such as cucumber are classified as vegetables.

APPROXIMATE DIGESTION TIME	FOOD*
4+ HOURS	PROTEINS Nuts, seeds ¹ , unsprouted peas & beans (legumes), olives, blue-green algae
3 – 4 HOURS	FATS Olives; avocados ² ; pressed nut , seed, & plant oils (olive, sunflower, flax, hemp, safflower, coconut, sesame, others)
2 – 3 HOURS	NON-STARCHY VEGETABLES AND GREENS Leafy greens (lettuce, watercress, kale, kohlrabi, parsley, chard, cabbage, carrot greens, turnip greens, collards, mustard greens, endive, etc.) , sprouted greens (alfalfa, clover , broccoli , Brussels sprouts, buckwheat, pea greens, sunflower, etc.) , celery, (mildly starchy: beets, turnips, carrots, radishes), broccoli, cauliflower, asparagus, summer squashes, zucchini, sea vegetables, onions, leeks, chives, green beans, artichokes, okra, sweet peppers, eggplant, blue-green algae, etc.
2 – 3 HOURS	CARBOHYDRATES/STARCHES Sprouted but not greened grains (buckwheat groats , quinoa, millet, oats, wheat, spelt, rye, etc.), sprouted but not greened legumes (lentils, green peas, adzukis, mung, fenugreek, etc.), SLIGHTLY STARCHY: carrots, Jerusalem artichoke, beans, turnips, parsnips, sweet potatoes, VERY STARCHY: corn, winter squashes, pumpkin, jicama
1-1/2 – 2 HOURS	ACID FRUIT Citrus ³ , strawberries, pineapple, sour apples, sour plums, cranberries, sour grapes, crab apples, pomegranates
1 – 1-1/2 HOURS	SUB-ACID FRUIT Tomatoes, cucumbers ⁴ , apples, pears, peaches, mango, papaya, apricots, cherimoya, fresh figs (not dried), cherries, most berries (blueberries, blackberries, raspberries)
30 – 45 MINUTES	SWEET FRUIT & SWEETENERS⁵ Bananas, dried fruit (dates, raisins, prunes, figs, apples, etc.) , sweet grapes (Thompson, Muscat, etc.), pears, ripe persimmons, sweet cherries, sweet berries, agave nectar, yacon syrup, raw honey, molasses, etc.
15 – 30 MINUTES	MELONS, WHEATGRASS JUICE, FRESH SQUEEZED JUICES Watermelon, honeydew, cantaloupe, casaba, Crenshaw melon, etc. Melons and fresh squeezed juices digest very quickly and should be consumed alone or with water. Avoid sweet fruit juices, although alkalizing and cleansing, the concentrated sugar feeds yeasts, molds, and funguses.

1. Soaking nuts and seeds releases enzyme inhibitors, makes the nuts and seeds more digestible, and is recommended always.
2. Avocados digest in 45 minutes to 2 hours depending on what they are eaten with.
3. Lemons and limes may be combined with foods above them in the chart.
4. Tomatoes and cucumbers are okay to combine with foods above them except for proteins.
5. Sweeteners, even raw vegan, should be avoided, with the exception of Stevia, an herbal sweetener.

RAW VEGAN FOOD COMBINING

Food combining charts can make the concept of eating seem overly complicated, but actually the basic principles are quite easy, and when you understand them it's not a chore to eat proper food combinations. Understand the basic principles first, and then refer to the chart if you have specific questions.

The concept of food combining is this: some foods digest faster than others, and if you eat a food that digests fast with a food that digests slowly, the mixture will ferment, create acidity in the body, and feed harmful parasites, yeasts, molds, and fungi. Eating certain food combinations will neutralize digestive juices, also causing fermentation and putrefaction. Molds and fungi create mycotoxins and produce wastes that feed harmful bacteria and viruses. An acidic internal environment creates a breeding ground for disease in many ways. Nutrients all the way down to the cellular level tend to clump and create blockages in an acid environment, so cells tend to starve and toxins tend to build up, which accelerates degeneration and creates a cascade of unhealthy reactions in the body. By eating a diet high in raw plant material and observing proper food combinations, *acidosis*, as it's called, can be avoided and degeneration can be slowed or reversed.

GOOD COMBINATIONS

Proteins & Fats & Leafy Greens & Non-starchy Vegetables & Sprouts & Lemon or Lime

Starchy & Non-starchy Vegetables & Sprouts

Avocado & Greens & Sprouts & Non-starchy Vegetables & Lemon or Lime

Avocado & Sub-Acid Fruit

Acid Fruit & Sub-Acid Fruit

Sub-Acid Fruit & Sweet Fruit

EAT ALONE

Melons, Wheatgrass Juice, Other Juices

POOR COMBINATIONS

The Worst:

Fruit or Sweeteners* & Protein
(Fruit or Sweeteners & Nuts, Granolas, Energy Bars, Fruit Smoothies With Nuts/Nut Milk/Protein Powders, Nut Milks & Sweeteners or Fruit, etc.)

Fruit or Sweeteners & Sprouted or Unsprouted Grains/Cereals

Others:

Vegetables & Fruit or Sweeteners*

Starch & Fruit or Sweeteners*

Starch & Protein

Starch & Avocado

Starch & Acid

Acid Fruit & Sweet Fruit

Desserts After Meals