

## List of Incompatible Food

Do Not Combine:	With:
<b>Beans</b>	<b>Fruit, cheese, eggs, milk, meat, nuts, or yogurt</b> <i>(Beans are gassy and hard to digest. They should be eaten when the appetite is strong with oil or ghee and digestive herbs like hing, cumin, pepper, salt, lemon etc.)</i>
<b>Cold foods</b>	<b>Hot foods</b> <i>(Cold foods like ice water, ice cream, or refrigerated foods should be avoided, because they weaken the digestion. Cools foods should be room temperature and not icy cold)</i>
<b>Coconut</b>	<b>Tomato, dates, oranges</b>
<b>Cucumbers</b>	<b>Water, nightshades, lemon, mango</b>
<b>Eggs</b>	<b>Melons**, Milk**, beans, cheese, fish, meat, yogurt.</b> <i>(Ayurveda does not recommend eating egg, fish, or meat as a general foods for the karmic reason of reducing harm)</i>
<b>Fruit</b>	<b>Everything, esp. meat, eggs, yogurt, cheese, grains,</b> <i>(Fruits should be eaten alone except for sour fruits like unripe mango, pineapple, lemon, lime, and tamarind; and sweet dry fruits like dates or raisins in milk; most fruits are light and dry, they can be made more digestible by cooking with a little ghee and spice like cardamom or cinnamon. Fruits should be eaten 15- 30 minutes before a meal or about least one hour after)</i>
<b>Grains</b>	<b>Fruit, tapioca</b> <i>(This means no apple pie, or jelly sandwich)</i>
<b>Honey</b>	<b>Hot food, meats, should not have = amounts of ghee by weight i.e. 1 tsp honey &amp; 3 tsp ghee</b> <i>(Honey should be raw and uncooked, though it may be stirred into cooked foods after removing from the stove. Local honey, within 15 miles of your home and from the same side a river as your house, has the best healing properties because it is made from the pollens of the plants you are breathing)</i>
<b>Hot drinks</b>	<b>Mango, cheese, fish, meat, starches, yogurt</b> <i>(Hot drinks according to Ayurveda should not be much warmer than body temperature... no more than 115 degrees)</i>
<b>Lemon</b>	<b>Milk**, cucumber, tomato, yogurt</b>
<b>Meat</b>	<b>Milk**, Yogurt, Fruits*, honey, eggs, Melon, Banana, Sesame, buttermilk, beans, cheese, vinegar</b> <i>(Meat is not recommended as a food by Ayurveda for karmic reasons. Meat is very heavy. To digest it, it must be eaten in extreme moderation no more than 3-5 times per week. Meat broth is easier to digest than meat, and fish and poultry are lighter than red meats and pork. Meat should only be eaten at midday and when the appetite is strong. Digestive spices should be used and it should be digested before other foods are eaten.)</i>
<b>Melons</b>	<b>Everything esp. dairy, heavy foods, fried foods, animal products, and grains.</b> <i>(Melons are heavier than other fruits, for proper digestion they must be eaten alone)</i>
<b>Milk (or cream)</b>	<b>Sour foods**, Bananas**, Salty foods**, beans, esp. kulth (horsegram), cherries, melons, yeast breads, fish, meat, kichari, yogurt</b> <i>(Milk is heavy to digest. It should be raw (in places where this is legal) and organic. It is important to find a dairy that treats its cows well. The digestibility of milk may be increase by thinning it with water and boiling it (do not boil for long because this will make it heavier) with digestive spices like cardamom, ginger, or cinnamon)</i>
<b>Nightshades (potato, eggplant, tomatoes)</b>	<b>Melon, cucumber, dairy</b> <i>(Nightshades aggravate all three doshas esp. pitta. They may cause allergic reactions. Their use in cooking should be limited. Tomatoes should always be cooked (never raw). Potatoes are heavy, but may be made more digestible by adding ghee or oil and spice like pepper.)</i>
<b>Radish</b>	<b>Banana, raisins, milk</b> <i>(Radish is pungent and should be eaten only in moderation by pitta.)</i>
<b>Starches</b>	<b>Eggs, milk, tea, banana, persimmons, dates</b>
<b>Tapioca</b>	<b>Banana*, mango**, fruit, raisins, beans, raw sugar</b>
<b>Vinegar</b>	<b>Milk**, Yogurt**, fruit, honey, night shades, Rice, Sesame seeds</b> <i>(Ayurveda does not recommend Vinegar as food, because it is too rajase - stimulating)</i>
<b>Yogurt</b>	<b>Milk**, fruit, cheese, eggs, fish, meat, hot drinks, nightshades, night time</b> <i>(Yogurt is heavy and heating due to its sour taste. Do not eat it after sunset. Yogurt should be taken in small quantities, no more than 2 or 3 TBS per meal. Yogurt should not be cooked, but can be stirred into cooked food after removing from the heat.)</i>