

In this issue of **healthbites** we take a look at which foods are more compatible with each other and which foods are best eaten separately. While we may not be aware of it, the varieties of food taken at one meal can have an effect on our digestion because foods digest at different rates. This can create, gas, discomfort and bad blood.

Often we concentrate on having good quality food but we tend to overlook the quantity that we eat. Over the page you will find a small article on this topic, as well as the interesting **littlebites** and a recipe.

Food Combining

First, it is recommended that all the foods we consume are derived from plants. "The liability to become diseased is increased by meat eating. It is a mistake to think that muscle strength depends on the use of foods derived from animals. The needs of the system can be better supplied, and more vigorous health can be enjoyed without its use. The grains, with fruits, nuts, and vegetables contain all the nutritive properties necessary to make good blood. They will supply a diet that is nourishing and appetising."¹



"In planning menus, select food groups that are compatible with each other. Limit the varieties. It would be much better to eat only two or three different kinds of foods at a meal than to load the stomach with many varieties. Do not have too great a variety at a meal, three or four dishes are plenty."²

In order to preserve the best health, we should avoid eating fruit and vegetables at the same meal. "Fruit and vegetables taken at one meal produce acidity on the stomach, then impurity of the blood results, and the mind is not clear because the digestion is imperfect."³ Have fruit at one meal and vegetables at the next.

Combining Foods

All fruits fall into three categories; acid, sub-acid and sweet. Melons are a food on their own and should be eaten alone. They are mostly water and digest very quickly.

Nature has given to the various natural foods just the flavours required to stimulate the taste nerves sufficiently to cause the production of the proper quantity and quality of gastric juice required to digest the food. The amount of gastric juices depends upon the kind of food ingested.

Acid fruits require a different concentration of juice than the sweet fruits. Acid fruits combine well with sub-acid fruits; sweet fruits combine well with sub-acid fruits; but acid fruits not recommended with sweet fruits.

Nuts will combine well with most other foods.

Grains will combine well also with most other foods, but not recommended with acid fruit.

Legumes dry and sprouted combine well with nuts and seeds, grains, tomatoes and vegetables but not recommended with any of the fruits.

Vegetables combine well with nuts and seeds, grains, legumes, tomatoes. Not recommended with any of the fruits.⁴

1. Counsels on Diet and Foods, page 386, 396, 315; 2. Ibid page 109, 110; 3. Ibid, page 113. 4. Hurd, Ten Talents Food Combination chart.

Quote of the Month

Knowledge in regard to proper food combination is of great worth, and is to be received as wisdom from above.

—E White

healthbites

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little bites

High-Sugar foods may affect eyesight

WebMD.com, 13 July, 2007

Eating lots of sugary, starchy foods may make eyes more vulnerable to age-related macular degeneration (AMD). AMD typically starts late in life. It affects the retina, located in the center of the eye. AMD can cause vision loss. Previous research shows that diets rich in antioxidants might help prevent AMD.

Don't be fooled by "all natural" claims

NewsTarget.com, 18 July, 2009

Foods that contain an "all natural" label may only contain products derived from natural sources but be un-healthfully processed. For example, food manufacturers can take whole wheat, mill it and strip out 98% of the nutrients, bleach it with chemicals, "enrich" it with synthetic chemical vitamins, and then claim their wheat is "all natural."

Many brain cells to help you find

University of California, 18 Jul. 07

A new study reveals that a surprising number of brain cells are called into action when humans seek out a particular object. This increased activity in the brain is what helps you find objects you are looking for, even when you don't know exactly where the objects are.

'No doubt' sunbeds cause cancer

BBC News, 28 July, 2009

Previously, the International Agency for Research on Cancer assessed sunbeds and sunlamps as "probably carcinogenic to humans". But it now says their use is definitively "carcinogenic to humans". It made its decision following a review of research which concluded that the risk of melanoma was increased by 75% in people who started using sunbeds regularly before age 30.

Are we what our mothers ate?

University of Pittsburg SOHS

Mothers' health in the days and weeks prior to becoming pregnant may determine the health of offspring much later in life, according to results of recent studies.

How Much Food?

The perplexing question of how much to eat is often raised by sincere individuals who are seeking for better health. Four physiologists and nutritionist from Great Britain, reporting in 'Nutrition Today', January-February 1974 said, "We believe that the energy requirements for man and his balance of intake and expenditure are not known." These authorities based their report on the studies of energy expenditure research in a number of countries. The conclusion was that many people are able to be healthy and active on food intakes which would be regarded as deficient by current standards.



The best rule to follow is one that has been successfully used for centuries before modern food technology greatly altered our eating habits and the age of degenerative diseases began. The rule is: Eat a wide variety of fruits, vegetables, nuts, and whole grains. Get up from the table knowing that you could comfortably still eat more. Satisfy only hunger, not appetite. Since disease, disability, and early death are much less prevalent in people with lower body weights, maintain the lowest body weight at which your strength is still good. People have lived successfully following this rule for many centuries.

God's Plan, MEET Ministries, page 200

New Website

Due to the expansion of our health work to other areas than just cooking we have adopted the name **Lifestyle Matters** as an over-all branding for our services which includes diet, cooking, depression, general health and lifestyle.

Along with this the old web site has been replaced with an upgraded site with extra content at **www.lifestylematters.co.nz**

Still keep an eye out for our cooking class series which will still be called **What's Cooking**.



Hawos Grain Mills

We have a selection of German made grain mills available. These stone mills have wooden casing and provide you with fresh ground flour for all your baking. Contact us for more details.



Recipe of the Month

Tofu Walnut Balls

300g tofu mashed
1 med onion very finely chopped
1 clove garlic crushed
1/2 c walnuts chopped fine
4 slices wholemeal bread crumbed
1/4 c chickpea flour (chana flour) opt.
2 T fresh parsley very finely chopped
3 T Braggs all purpose seasoning
1 t sage
1/2 t salt

Combine all ingredients in a bowl and mix well. Cover baking tray with baking paper, form mixture into balls and place on baking paper. Bake for 30 mins at 150°C.

Nice served with vegetarian gravy or tomato sauce

