HEALTHY TIPS

7 Popular Food Combos That Can Damage Your Health

By bestfolkmedicine · 03/07/2018 · 2 min read



Did you know that there are a lot of well-known food combinations which a lot of us enjoy eating on a daily basis without actually knowing how bad they can be for our health? Therefore, this article focuses on showing which food combinations are not good for you and why you need to replace them with healthier variants.

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Unhealthy, yet Popular Food Combos

Beer and nuts

Without doubt, there is rarely a person who does not love snacking nuts and drinking beer. However, this is not a good option for the stomach. The excessive salt which is often present in these nuts can easily lead to dehydration and beer will only worsen the situation.

Meat and potatoes

Mashed or baked potatoes and steak or fried chips is without doubt the favorite meal of many. Nonetheless, this is not the most suitable option for the digestive system. Namely, in order to digest the starch from potatoes, the stomach secrets alkalotic and acidic fluids. The latter can lead to heartburn, flatulence, and even ulcers. Instead, replace the potatoes with green veggies.

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Cucumbers and tomatoes

A lot of people consider this combination to be the ideal salad. However, when mixed together, they can impact the body's metabolic rates and make changes in the biochemical pathways and lead to bloating and swelling.

Pineapple and dairy

Even though a lot of people like mixing this fruit with dairy products, it can trigger heartburn and indigestion. Instead of pineapple, opt for peaches, plums, or apricots.

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Milk and banana

This is without doubt the favorite breakfast of many because it elevates the body's energy levels. But, dietitians and nutritionists point out that sweet fruits should be eaten separately because the natural sugar in fruits takes longer to be digested and any other food group may spoil while the body is focused on digesting the fruit.

Minced meat and pasta

Pasta is abundant in starch and the stomach secretes ptyalin and amylase in order to digest it and turn it into simple sugar, which further combines with the meat protein and creates chemical compounds known to trigger diabetes. Therefore, eat pasta without any sauces and additions like minced meat.

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Sandwich and coffee

Though it is a well-known breakfast for many, it is not beneficial your health. The carbohydrates in bread avert the adequate digestion of calcium from the cheese. Coffee additionally aggravates the situation.

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