

Eight Factors Affecting Food Utility & Digestibility



#1

Prakruti

The nature of the food:
Taste,
Energy,
& Physical
Effect



#2

Processing

What is done to the food between harvest and consumption impacts its quality



#3

Food Combining

Similar foods taken together at a meal support digestibility



#4

Quantity

Taking smaller portions of heavy foods and larger portions of light foods ensures greater balance



#5

Habitat

Local foods that are from the same environment as the consumer



#6

Time

Seasonal foods, taken fresh and consumed at the right time of day



#7

Conscious Dining

Remaining aware and alert through all phases of consumption and digestion



#8

Self-responsibility

You decide what you eat, when you eat, and how much you eat.

Be happy with your choices.

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