

# Kriyayoga Research Institute

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## DIETARY PRINCIPLES

By Swami Shree Yogi Satyam

**Main dietary principle :**  
**Kriyayoga practice brings all**  
**disciplines in life.**  
**Practice Kriyayog regularly,**  
**at minimum twice a day.**



*Do not feel discouraged if you are unable to adopt all the principles at first. Simply try your level best to follow them. With faithful daily practice of Kriyayoga, the right diet will become easier to follow.*

### **I. Food and food combinations to avoid:**

a. Food rich in carbohydrates (e.g. rice, potatoes) should NOT be taken with food rich in protein (e.g. legumes such as lentils, kidney beans, chickpeas and green peas).

*Reason:* Proteins are digested in the stomach in a highly acidic (low pH) environment, while carbohydrates are digested in the mouth with neutral or slightly acidic medium (pH 6 to 7) and in alkaline (higher pH) medium in the small intestine. In order to digest the carbohydrates properly, excess energy is utilized by the liver and gall bladder which must release additional bile (source of the alkaline medium). In addition, the acidic fluid promotes damage of the intestinal mucosa that absorbs all nutrients.

*Note* : Carbohydrate-rich food does not include bread and cereal, which may be eaten with high protein food.

b. Carbohydrates food should NOT be eaten with acidic food ( e.g. tomato sauce and pickles)

*Reason*: Acidity impairs digestion of carbohydrates in the small intestine as described above.

c. Avoid the following combinations:

- dairy products with fruit
- dairy products with high protein food *or*
- fruit with high protein food.

*Reason*: Each food substance within the three food groups requires its own special pH medium for proper digestion and they all vary in their transit times through the gastrointestinal tract. Each combination will result in some of the food substance not being completely digested and hence not completely absorbed.

For example, taking fruits with protein-rich food causes protein to move into the intestine before it can be broken down into di-peptides and polypeptides. Especially, milk should not be taken with lentils (daal). When taken together or even within short time gap of each other, the small protein molecules of milk (casein) is left undigested and are then absorbed into the blood stream. When this happens, there are chances that the molecules will be deposited in different organs causing serious disfunction.

*Note*: Here, fruit means food matter that can be converted into pulp easily such as apples, bananas, oranges, papaya, kiwi etc. It includes both the solid as well as the juice portion. Vegetables and nuts are not considered here as fruit.

d. Avoid non-vegetarian food

Meat collects bacteria very quickly. Carnivorous animals have a short digestive tract (3 to 5 times the length of their spinal column) which eliminates undigested meat very quickly. Humans have a longer digestive tract (10-12 times the length of the spinal column) which cannot eliminate undigested meat

quickly, thus bacteria can multiply and upset the body's natural bacterial balance, promoting sickness.

e. Limit intake of very leafy, dark green vegetables (eg. Spinach )

Cows that eat grass have a digestive tract 20-28 times the length of their spinal column which enables them to completely digest the leaves they eat. The shorter GI tract of humans has a much lower capacity to digest these leaves. In addition, the human intestine lacks certain enzymes needed to digest these leafy vegetables completely. Taking a limited amount of very leafy vegetables is all right, but these should not be taken as a main course.

*Note:* Lettuce in salads is okay to eat. It is better at home where you can clean it properly versus in restaurants where it may not be properly cleaned.

f. Limit intake of eggs, cheese and butter

Eggs are high in cholesterol and fat. Cheese and butter are hard to digest.

g. Notes to observe in the intake of milk

- Take milk with carbohydrates/bread, not with pulses (lentils and legumes). After pulses, it is okay to take milk after a minimum of 6 to 7 hours.
- Do not run or walk briskly after drinking milk, or it will go directly into the intestine. Milk protein without digestion if it is absorbed into the system creates allergies.
- Milk at 40 degrees Celsius is digested better.

h. Water

- Avoid excess water intake. You excrete important amino acids, minerals and essential steroids, which are important ingredients to maintain body health.
- Avoid salt as it increases water intake
- Watch urine colour: dark colour indicates need for water and light colour indicates no water requirement.
- Excessive water intake promotes early bone and tooth decay and decreases immunity.

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i. Proper preparation of Tea



Boiling tea leaves is NOT recommended as the tannin released when tea is boiled hardens the lining of the stomach, increases acidity and upsets the intestinal flora.

*Tea (Unboiled Tea) should be prepared as follows:*

Boil water and place a tea bag or green tea leaves in water and allow to steep until desired strength, optimally until golden yellow. Then, remove the tea bag / strain the tea leaves.

Unboiled tea in limited amounts (not more than two cups per day) is beneficial because it acts as a mild vasodilator to increase blood flow to all cells and tissues of the body.

j. Toast

Overtasting of breads and buns causes flatulence (gas is produced). Very light toasting is recommended.

k. Salt

Add salt in limited amounts only after the food is cooked. Salt added before hand raises the boiling point of water, which results in the loss of many vitamins in the food.

l. Spices

All pungent, sharp spices and food should be taken in moderation.

m. Snacks

Maintain at least a four hour gap between meals and snacks.

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## **II. Food combinations which are good:**

80% liquid diet – water-rich foods, boiled or raw vegetables and fruits, less spice, 20% solid diet – lentils, grains, dry fruits

- a. Vegetables and salads may be eaten with anything
- b. Carbohydrate-rich food (e.g. rice, potatoes) may be eaten with dairy products or fruits.
- c. High protein food may be eaten with bread and cereal. We require only 30 grams of protein a day.
- d. Almonds and orange juice are a good combination, as the acidity of orange juice helps to digest the protein contained in almonds.
- e. Eating fruits alone is very good.

## **III. MOST IMPORTANTLY :**

**Don't eat unless you are hungry.**