

## **DIGESTION TIME OF VARIOUS FOODS**

*(approximate time spent in stomach before emptying)*

Water: when stomach is empty, leaves immediately and goes into intestines,

Juices: Fruit vegetables, vegetable broth - 15 to 20 minutes.

Semi-liquid: (blended salad, vegetables or fruits) - 20 to 30 min.

### Fruits

Watermelon - 20 min. digestion time.

Other melons - Canteloupe, Cranshaw, Honeydew etc. - 30 min.

Oranges, grapefruit, grapes - 30 min.

Apples, pears, peaches, cherries etc. - digest in 40 min.

### Vegetables

Raw tossed salad vegetables - tomato, lettuces, cucumber, celery, red or green pepper, other succulent vegetables - 30 to 40 min. digestion. -

Steamed or cooked vegetables

Leafy vegetables - escarole, spinach, kale, collards etc. - 40 min. - Zucchini, broccoli, cauliflower, string beans, yellow squash, corn on cob - all 45 min. digestion time

Root vegetables - carrots, beets, parsnips, turnips etc. - 50 min.

Semi-Concentrated Carbohydrates - Starches

Jerusalem artichokes & leafy, acorn & butternut squashes, corn, potatoes, sweet potatoes, yam, chestnuts - all 60 min. digestion.

### Concentrated Carbohydrates - Grains

Brown rice, millet, buckwheat, cornmeal, oats (first 3 vegetables best) - 90 min.

Legumes & Beans - (Concentrated Carbohydrate & Protein)

Lentils, limas, chick peas, peas, pigeon peas, kidney beans, etc. - 90 min. digestion time

soy beans - 120 min. digestion time

Seeds & Nuts

Seeds - Sunflower, pumpkin, pepita, sesame - Digestive time approx. 2 hours.

Nuts - Almonds, filberts, peanuts (raw), cashews, brazil, walnuts, pecans etc. - 2 1/2 to 3 hours to digest.

## Dairy

Skim milk, cottage or low fat pot cheese or ricotta - approx. 90 min. digestion time

whole milk cottage cheese - 120 min. digestion

whole milk hard cheese - 4 to 5 hours digestion time

## Animal proteins

Egg yolk - 30 min. digestion time

Whole egg - 45 min.

Fish - cod, scrod, flounder, sole seafood - 30 min. digestion time

Fish - salmon, salmon trout, herring, (more fatty fish) - 45 min. to 60 digestion time

Chicken - 1 1/2 to 2 hours digestion time (without skin)

Turkey - 2 to 2 1/4 hours digestion time (without skin)

Beef, lamb - 3 to 4 hours digestion time

Pork - 4 1/2 to 5 hours digestion time