



DIGESTION TIMES GUIDE: HOW LONG FOODS STAY IN YOUR SYSTEM

Understanding how long different foods take to digest can help you make smart choices, avoid digestive discomfort, and support your detox and blood sugar control. Some foods break down quickly, while others require hours — knowing this helps you eat in a way that supports your health.

FOOD DIGESTION TIMES FROM FASTEST TO SLOWEST

FOOD TYPE	TYPICAL DIGESTION	TIME
Water	Immediate	Passes through almost instantly – drink between meals.
Fruit Juices	15–30 minutes	Quick to digest, nutrient-rich and hydrating.
Fresh Fruits	30–45 minutes	High water and fiber content help with quick digestion.
Raw Vegetables	45–60 minutes	Contains fiber and enzymes that aid digestion.
Cooked Vegetables	45–60 minutes	Softer texture means slightly faster digestion than raw.
Fish	1.5–2 hours	Lean protein that digests faster than other meats.
Shellfish	1.5–2 hours	Similar to fish; light protein source.
Chicken	2–3 hours	Denser protein; requires more digestive effort.
Beef	3–4 hours	Heavier, fattier protein; longer digestion time.
Pork	3–4 hours	Similar to beef; takes longer to break down.

Why Digestion Time Matters

EAT LIGHTER, FASTER DIGESTING FOODS BEFORE HEAVIER, SLOWER DIGESTING ONES TO AVOID INDIGESTION AND FERMENTATION IN YOUR GUT.

THIS IS WHY RAW FRUITS AND VEGETABLES ARE RECOMMENDED BEFORE COOKED MEALS, ESPECIALLY DURING YOUR DETOX.

PROPER DIGESTION SUPPORTS YOUR LIVER AND KIDNEYS BY REDUCING TOXIC BUILDUP.

LONGER DIGESTION TIMES FOR ANIMAL PROTEINS INCREASE WORKLOAD ON KIDNEYS — IMPORTANT TO AVOID DURING DETOX.

Tips for Using the Digestion Times Guide

- START MEALS WITH WATER OR JUICE, FOLLOWED BY FRUITS OR RAW VEGGIES.
- WAIT ABOUT 15-30 MINUTES BEFORE EATING HEAVIER COOKED FOODS.
- AVOID MIXING FOODS WITH VERY DIFFERENT DIGESTION TIMES IN THE SAME MEAL WHEN POSSIBLE.
- PAY ATTENTION TO HOW YOU FEEL AND ADJUST YOUR MEALS ACCORDINGLY.

Summary Table

SEQUENCE TO EAT	EXAMPLE FOODS
1. Water or Juice	Lemon water, herbal tea, fresh juice
2. Fruits	Apples, berries, melons
3. Raw Vegetables	Leafy greens, cucumbers, carrots
4. Cooked Vegetables	Steamed broccoli, roasted squash
5. Light Proteins	Fish, shellfish
6. Denser Proteins	Chicken
7. Heavier Proteins	Beef, pork