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In daily life, some combinations of foods have a long history, and the wonderful flavors have been accepted by people, so people customarily think that these kinds of combinations are a matter of course. But from the perspective of health, those combinations are not scientific. The health experts have good reasons. Here are the wrong combinations of dishes listed by health experts.

1. Add MSG when sautÃ©ing eggs:

Hazard: destruct the natural flavor of eggs

Reason: The egg itself contains many glutamic acids which are the same as the composition of MSG. Therefore, add MSG when sautÃ©ing eggs not only cannot increase the flavor, but also will disrupt and cover the natural flavor of eggs.

2. Pour soymilk on eggs:

Hazard: nutrients cannot be absorbed

Reason: The mucus protein in eggs will combine with the trypsin in soymilk, thus losing the proper nutritional value of both.

3. Boil eggs with tea:

Hazard: stimulate the stomach; being not conducive to digestion and absorption

Reason: In addition to alkaloids, there are acid substances. These compounds combine with the iron in eggs, having a stimulating effect on the stomach and being not conducive to digestion and absorption.

4. Cook potatoes with beef:

Hazard: gastrointestinal disorders

Reason: As the potatoes and beef require different concentrations of gastric acids when being digested, it is bound to prolong the residence time of food in the stomach, thus causing prolonged time of gastrointestinal digestion and absorption. Over time, it will inevitably lead to gastrointestinal dysfunction.

5. Drink tea when eating meat:

Hazard: Constipation; increase the possibility of the toxic and carcinogenic substances being absorbed by the body

Reasons: Some people will drink tea soon after eating meat, seafood and other high-protein foods, in order to help digestion. But they hardly realize that tea contains a large number of tanning substances, which is easy to form constipation and can increase the possibility of toxic and carcinogenic substances being absorbed by the body. Being in combination of protein, acid will generate a convergence of tannic acid protein, making bowel movements slow down, thus extending retention of feces in the intestine.

6. Tofu with green onion:

Hazard: calcium malabsorption

Reason: The calcium in tofu and oxalate in green onions will combined and generate into a white precipitate—calcium oxalate, leading to the difficulty in calcium absorption of the body at the same time.

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