

Winter Seasonal Eating Chart

Qualities of Winter	<ul style="list-style-type: none"> • Cold, heavy, dull, slow, dark, dry or damp, rough, static, gross
Qualities to Find Balance	<ul style="list-style-type: none"> • Hot, warm, light (regarding weight), sharp, light (as in luminous), oily (if dry), dry (if damp), mobile
Fruits to Favor	<ul style="list-style-type: none"> • Seasonal and/or local fruits, apples, citrus, pears, persimmons, pomegranate, lemons, limes, raisins, prunes, apricots, figs • All dried fruit should be soaked • All fruit should be eaten on its own, with a few exceptions
Fruits to Limit	<ul style="list-style-type: none"> • Out of season fruits, all berries, all melons, cherries, avocado, bananas, plums, coconut, dates (small amount is alright), pineapple, mango, kiwi
Vegetables to Favor	<ul style="list-style-type: none"> • Seasonal and/or local veggies, winter squash, sweet potato, white potato (in moderation), beets, root veggies, carrots, broccoli, bitter greens, spinach, celery, cauliflower, brussel sprouts, cabbage, corn (non-GMO), leeks, onion (if appropriate), garlic (if appropriate), chili peppers (if appropriate), green beans, cooked tomatoes (in moderation), asparagus (when in season), radishes
Vegetables to Limit	<ul style="list-style-type: none"> • All cold, raw veggies; salads, lettuce, sprouts, tomatoes (raw), cucumber, summer squash (i.e. zucchini, yellow squash), mushrooms (cooked and in small amount is alright)
Grains to Favor	<ul style="list-style-type: none"> • Whole grains, quinoa, millet, buckwheat, amaranth, brown rice, red rice, wild rice, Basmati rice (in moderation), steel cut oats (in moderation)
Grains to Limit	<ul style="list-style-type: none"> • All refined grains, wheat, gluten, rolled oats (cooked), white rice (Basmati is alright in moderation)
Dairy to Favor	<ul style="list-style-type: none"> • Ghee, warm spiced milk (goat milk is best), lassi, homemade yogurt or kefir (in moderation), goat milk cheese (in small amounts)
Dairy to Limit	<ul style="list-style-type: none"> • Ice cream, butter, store bought yogurt (especially sweetened), cow milk, cow milk cheese, sour cream
Nuts and Seeds to Favor	<ul style="list-style-type: none"> • Almonds (soaked and peeled), walnuts (in small amounts), chia seeds (soaked), flax seed (freshly ground), unsalted pumpkin seeds, unsalted sunflower seeds, sesame seeds, tahini (in moderation)

Nuts and Seeds to Limit	<ul style="list-style-type: none"> • Salted nuts and seeds, peanuts, Brazil nuts, pecans, pine nuts, hazelnuts, macadamia nuts, nut butters
Animal Products to Favor	<ul style="list-style-type: none"> • Bone broth, meat broth, egg whites, whole eggs (in small amounts), chicken (white meat), wild caught fish (fresh water), salmon (wild caught, in moderation), shrimp, turkey (white meat), buffalo meat (in small amounts), venison
Animal Products to Limit	<ul style="list-style-type: none"> • Red meat, pork, oily saltwater fish (small amounts of salmon is alright), farmed fish, chicken (dark meat), turkey (dark meat), lamb
Oils to Favor	<ul style="list-style-type: none"> • Sesame oil, ghee, olive oil, almond oil, corn oil (non-GMO), flax seed oil, hemp seed oil
Oils to Limit	<ul style="list-style-type: none"> • Coconut oil, avocado oil, vegetable oil, safflower oil, canola oil
Spices to Favor	<ul style="list-style-type: none"> • All digestive, warming spices are welcome and should be used in generous amounts including ginger (fresh and dry), turmeric (fresh and dry), black pepper, cumin, fennel, coriander, cardamom, cinnamon, clove, ajwain, brown mustard seed, cayenne (in small amounts), oregano, thyme, and pink Himalayan salt (in moderation)
Spices to Limit	<ul style="list-style-type: none"> • Table salt, excessive salt
Sweeteners to Favor	<ul style="list-style-type: none"> • Honey, maple syrup (in small amounts), molasses (in small amounts)
Sweeteners to Limit	<ul style="list-style-type: none"> • Refined white sugar, brown sugar, beet sugar, cane sugar
General Eating Tips	<ul style="list-style-type: none"> • Avoid processed foods, additives, and preservatives • Limit snacking and avoid grazing • Avoid improper food combinations • Avoid eating a heavy dinner • Finish eating all foods by 6pm • Sip warm-hot water or herbal teas between meals • Limit the sweet, sour, and salty tastes • Favor bitter, pungent (spicy), and astringent tastes