











Summer Seasonal Eating Chart

Qualities of Summer	<ul style="list-style-type: none"> Hot, sharp, penetrating, bright, light (meaning not heavy), dry or humid
Qualities to Find Balance	<ul style="list-style-type: none"> Cool, cold, slightly heavy, slow, dull, oily or moist (if dry), dry (if humid)
Tastes to Favor	Sweet, Bitter, Astringent
Tastes to Limit	Sour, Salty, Spicy
Fruits to Favor 	<ul style="list-style-type: none"> Most seasonal and/or local fruits; most sweet-juicy-ripe fruits; melons, coconut, fresh apricots, fresh figs, sweet-ripe stone fruit (e.g. peaches, plums, etc), sweet cherries, sweet grapes, dates, sweet berries, sweet-ripe mango, lime, avocado All fruit should be eaten on its own, with a few exceptions such as coconut, avocado, lime, and dates
Fruits to Limit	<ul style="list-style-type: none"> Out of season fruits (apples, etc); most sour fruits; sour berries, sour grapes, sour mangos, sour peaches, sour cherries, lemon, citrus fruit (except lime), pineapple (enjoy sweet pineapple in small amounts), papaya (enjoy sweet papaya in small amounts), bananas
Vegetables to Favor 	<ul style="list-style-type: none"> Most seasonal and/or local veggies; most sweet, bitter, and/or juicy veggies; summer squash (e.g. zucchini, yellow squash), cucumber, lettuce, okra, fresh artichokes, fennel, cilantro, parsley, broccoli, cauliflower, bitter greens, celery, cabbage, green beans, asparagus, sprouts (in moderation), cooked beets, carrots, mushrooms, sweet peppers (in moderation), sweet corn (in moderation)
Vegetables to Limit	<ul style="list-style-type: none"> Most spicy, sour, or acidic veggies; hot peppers, tomatoes (enjoy sweet, raw tomatoes in small amounts), tomato sauce, mustard greens, spinach, radishes, eggplant, onion, garlic, olives, nightshades
Grains to Favor 	<ul style="list-style-type: none"> 100% whole grains; quinoa, amaranth, Basmati rice, brown rice (in moderation), cooked oats (steel cut is best), whole wheat (if suitable), spelt (if suitable), buckwheat (in moderation), barley, couscous

Grains to Limit	<ul style="list-style-type: none"> • All refined grains; millet, corn, red rice, rye, gluten (enjoy a small amount if suitable)
Legumes to Favor 	<ul style="list-style-type: none"> • Mung beans, mung dal, black beans, adzuki beans, chickpeas, hummus, peas, black-eyed peas, pinto beans, kidney beans, lentils (in moderation)
Legumes to Limit	<ul style="list-style-type: none"> • Soybeans, soy sauce, soy products, tur dal, urad dal
Dairy to Favor 	<ul style="list-style-type: none"> • Ghee, cow or goat milk (warm-spiced), lassi, homemade yogurt or kefir (in moderation), cottage cheese, soft cow's milk cheese (not aged or salted), goat cheese (unsalted), unsalted butter
Dairy to Limit	<ul style="list-style-type: none"> • Ice cream, butter (salted), store-bought yogurt (especially sweetened or with fruit), sour cream, buttermilk; salted, hard, or aged cheese
Nuts and Seeds to Favor 	<ul style="list-style-type: none"> • Almonds (soaked and peeled), chia seeds (soaked), flax seed (freshly ground), hemp seeds, unsalted-raw pumpkin seeds, unsalted-raw sunflower seeds • Nut or seed milk that is homemade and follows this list (e.g. homemade hemp milk)
Nuts and Seeds to Limit	<ul style="list-style-type: none"> • All salted or roasted nuts, seeds, and nut butters; peanuts, Brazil nuts, pecans, pine nuts, hazelnuts, macadamia nuts, walnuts, sesame seeds, tahini
Animal Products to Favor 	<ul style="list-style-type: none"> • Bone broth, white meat chicken or turkey broth, egg whites, whole eggs (in small amounts only), chicken (white meat), wild-caught freshwater fish, shrimp, turkey (white meat), buffalo meat (in small amounts), venison
Animal Products to Limit	<ul style="list-style-type: none"> • Beef, pork, saltwater fish (small amounts of salmon is alright), farmed fish, chicken (dark meat), turkey (dark meat), lamb, sardines

Oils to Favor 	<ul style="list-style-type: none"> • Coconut oil, ghee, sunflower oil, avocado oil, olive oil, hemp seed oil
Oils to Limit	<ul style="list-style-type: none"> • Vegetable oil, safflower oil, canola oil, sesame oil, corn oil, flax seed oil, almond oil
Spices to Favor 	<ul style="list-style-type: none"> • Most bitter, sweet, and cooling spices; ginger (fresh), turmeric, coriander, cilantro, cumin, fennel, coriander, cardamom, pippali, dill, basil (fresh), saffron, mint (fresh), pink Himalayan salt (in moderation)
Spices to Limit	<ul style="list-style-type: none"> • Most spicy and heating spices; table salt, excessive salt, cayenne pepper, chili powder, black cumin, cinnamon (enjoy a small amount in moderation), clove, ajwain, brown mustard seed, black pepper (enjoy a small amount in moderation), oregano, thyme, rosemary, fenugreek, garlic, onion, hing
Sweeteners to Favor 	<ul style="list-style-type: none"> • Maple syrup, honey (raw, unheated, in moderation), fruit concentrate, coconut sugar (in small amounts only), date sugar (in small amounts only)
Sweeteners to Limit	<ul style="list-style-type: none"> • Refined white sugar, brown sugar, beet sugar, cane sugar, molasses, heated honey
General Eating Tips	<ul style="list-style-type: none"> • Avoid processed foods, additives, and preservatives • Limit snacking and avoid grazing • Avoid improper food combinations such as eating fruit with other foods • Make lunch your main meal • Eat a light dinner • Avoid eating food after 7 pm • Sip warm water and cooling herbal teas between meals • Limit or avoid alcohol and coffee