





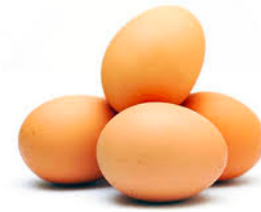





Spring Seasonal Eating Chart

Qualities of Spring	<ul style="list-style-type: none"> • Cool, damp, heavy, congestive, stagnant, slow, dull, viscous
Qualities to Find Balance	<ul style="list-style-type: none"> • Warm, light (meaning not heavy), sharp, clear, dry, mobile
Tastes to Favor	Pungent (spicy), Bitter, Astringent
Tastes to Limit	Sweet, Sour, Salty
Fruits to Favor 	<ul style="list-style-type: none"> • Most low-sugar seasonal fruits: grapefruit (in moderation), lemons, limes, kumquats, cherries (late spring), blueberries (late spring), strawberries, apricots, grapes, avocado (in moderation) • All fruit should be eaten on its own to avoid improper food combinations
Fruits to Limit	<ul style="list-style-type: none"> • Out-of-season fruits, such as apples, pears, peaches, plums, watermelon, etc • Excessive sour fruits • High-sugar fruits • Coconut due to its heavy, viscous, cool qualities
Vegetables to Favor 	<ul style="list-style-type: none"> • Most seasonal and/or local veggies: lettuce, arugula, spring onions, spring garlic, rhubarb, chard, spinach, beets (in moderation), radishes, carrots, cauliflower, broccoli, microgreens, kale, collards, dandelion greens, mustard greens, Swiss chard, asparagus, artichokes, fresh peas, and green beans (late spring)
Vegetables to Limit	<ul style="list-style-type: none"> • Out-of-season veggies, such as winter squash, summer squash, sweet potato, Brussels sprouts, bell peppers, tomatoes, and potatoes • Water-rich veggies such as cucumber and zucchini
Grains to Favor 	<ul style="list-style-type: none"> • 100% whole grains that are lighter in quality, such as quinoa, millet, amaranth, buckwheat, barley, corn, brown rice (in small amounts), red rice (in small amounts) • Soaked or fermented grains are best!

Grains to Limit	<ul style="list-style-type: none"> • All refined grains • Heavier, starchy grains such as wheat, gluten, oats, white rice • Pasta and bread
Legumes to Favor 	<ul style="list-style-type: none"> • Mung beans, mung dal, black beans, adzuki beans, chickpeas, channa dal, tur dal, hummus, peas, black-eyed peas, pinto beans, kidney beans, lentils • Soak beans before cooking
Legumes to Limit	<ul style="list-style-type: none"> • Soybeans, soy sauce, soy products, miso, urad dal
Dairy to Favor 	<ul style="list-style-type: none"> • Ghee (in moderation), goat milk (warm-spiced), spiced lassi, homemade goat milk yogurt or kefir (in moderation), cottage cheese, goat cheese (unsalted - in moderation) • Avoid all dairy when there is extreme congestion or seasonal allergies
Dairy to Limit	<ul style="list-style-type: none"> • Ice cream, butter, cow's milk, store-bought yogurt (especially sweetened or with fruit), sour cream, cow's milk cheese
Nuts and Seeds to Favor 	<ul style="list-style-type: none"> • Almonds (soaked and peeled), walnuts (in moderation), chia seed (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"> • Salted or roasted nuts and seeds; 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 moderation), chicken (white meat), wild-caught freshwater fish, wild-caught salmon, shrimp, turkey (white meat), buffalo meat (in small amounts), venison
Animal Products to Limit	<ul style="list-style-type: none"> • Beef, pork, saltwater fish (salmon is all right), farmed fish, chicken (dark meat), turkey (dark meat), lamb, sardines

<p>Oils to Favor</p> 	<ul style="list-style-type: none"> • Ghee (in moderation), sunflower oil, olive oil, flax seed oil, hemp seed oil, corn oil (non-GMO) • Sesame oil, sunflower oil, and castor oil can be used externally
<p>Oils to Limit</p>	<ul style="list-style-type: none"> • Vegetable oil, safflower oil, canola oil, sesame oil, hydrogenated oils
<p>Spices to Favor</p> 	<ul style="list-style-type: none"> • Most bitter, pungent, warming digestive spices: ginger, turmeric, coriander, cumin, black cumin, ajwain, fennel, cinnamon, cardamom, clove, black pepper, pippali, cayenne, saffron, pink Himalayan salt (in moderation)
<p>Spices to Limit</p>	<ul style="list-style-type: none"> • Table salt • Excessive mineral or Himalayan salt
<p>Sweeteners to Favor</p> 	<ul style="list-style-type: none"> • Honey (raw, unheated, local, in moderation) • Stevia • Maple syrup (late spring—in small amounts)
<p>Sweeteners to Limit</p>	<ul style="list-style-type: none"> • Refined white sugar, brown sugar, beet sugar, cane sugar, molasses, maple syrup, honey that has been heated
<p>General Eating Tips</p>	<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 of the day • Eat a light dinner • Avoid eating food after 6 pm • Sip warm water and warming herbal teas between meals