

## Late Fall & Early Winter Foods

- Favor more fats, proteins, grains & dairy (if tolerated); warm, cooked, moist & oily foods; sweet, salty & sour tastes. Add plenty of healthy fat to meals.
- Eat at regular mealtimes. Sip hot water/herbal tea throughout the day.
- Reduce or eliminate raw, cold, dry, stimulating, gaseous foods & drinks.

<p><b>Vegetables:</b> starchy veggies root veggies (beet, carrot, parsnip, potato, daikon &amp; red radish, sweet potato, turnip) &amp; winter squash (acorn, butternut, kabocha, pumpkin); cold-weather greens (chard, collards, kale, spinach); avocado, celery, garlic, hot peppers, leek, mushroom, okra, olives, onion, sea vegetables, tomato</p>	<p><b>Grains:</b> all grains including basmati rice, bulgur wheat, oats, quinoa, spelt, wheat berries</p>	<p><b>Animal protein:</b> all meat, poultry, eggs &amp; fish; beef, buffalo, venison, chicken (dark meat is best), lamb, duck, freshwater &amp; ocean fish (deep-water like halibut &amp; salmon are great)</p>	<p><b>Herbs &amp; Spices:</b> cinnamon, cumin, ginger (fresh &amp; powder), turmeric, paprika, cloves, coriander, fennel, mustard seeds, cardamom, basil, black pepper, saffron, mineral/real salt, asafoetida/hing, fenugreek</p>
<p><b>Fruits:</b> citrus fruits (orange, lemon, lime, grapefruit), apple, banana, dates, figs, mango, papaya, pear, pineapple, raisin</p>	<p><b>Legumes:</b> mung beans (best); lentils (best are black lentils); split peas; adzuki beans; black beans (small legumes are best)</p>	<p><b>Dairy:</b> cow/goat milk, buttermilk, cheese, kefir, sour cream, homemade yogurt</p>	<p><b>Fat:</b> ghee, butter, olive oil, sesame oil, avocado oil</p>
	<p><b>Nuts &amp; seeds:</b> almond, Brazil nut, cashew, hazelnut/filbert; macadamia, pecan, pinenut, pistachio, walnut; all seeds (chia, flax, hemp, pumpkin, sesame, sunflower); sesame tahini; nut/seed butter; nut milk</p>	<p><b>Other:</b> vinegar, homemade mayonnaise, mineral gomasio, non-dairy milks (rice, almond, cashew, etc.), fermented foods as a condiment (pickles, sauerkraut, etc.)</p>	<p><b>Sweeteners:</b> natural sweeteners: raw sugar (Sucanat, Turbinado, jaggery), raw honey, maple syrup, molasses, soaked dates, soaked raisins</p>