



Late Winter & Spring Food List



- Favor warm, light, dry, spicy food; bitter, astringent & pungent (spicy) tastes.
- Reduce fats, dairy, grains, nuts & animal protein. Avoid excess oils, fat & salt.
- Steam, roast, broil or bake rather than frying.
- Create great flavor through spices rather than heavy sauces.
- Eat less food & less often: Eat smaller portions; avoid snacking and grazing.
- Sip hot water & spicy herbal tea throughout the day.

<p>Vegetables: ALL sprouts, brassicas (broccoli, Brussels sprouts, cabbage, cauliflower, kohlrabi), artichoke, asparagus, beets, burdock root, celery, corn, cucumbers, eggplant, endive, fennel, garlic, green beans, hot peppers, jicama, leek, lettuce, microgreens, onion, peas, radicchio, radish, onion, shallot, zucchini; dark & leafy greens (arugula, beet greens, collards, dandelion greens, kale, mustard greens, spinach, Swiss chard, watercress)</p>	<p>Grains: amaranth, barley, buckwheat, corn, millet, quinoa, rye (drier grains)</p> <p>Legumes (best sprouted): mung beans, red & green lentils, split peas, adzuki beans, black beans, chickpeas, lima beans, pinto beans, white beans</p> <p>Fruits: apples, berries, cherries, cranberries, grapefruit, lemons, pears, pomegranates, dried fruit (cherries, raisins, prunes, etc.)</p>	<p>Animal protein: lean protein like poultry (white meat is best), freshwater fish, eggs</p> <p>Nuts & seeds: seeds are OK (chia, flax, hemp, pumpkin, sunflower)</p> <p>Dairy: goat's milk</p> <p>Sweeteners: raw honey, stevia</p> <p>Other: coffee & black tea in moderation, non-dairy milk (hemp, almond, etc.), apple cider vinegar, balsamic vinegar, rice vinegar</p>	<p>Herbs & spices: All spices, including black pepper, ginger (fresh & dry), cayenne/chili powder, garlic, cinnamon, nutmeg, cloves, turmeric, anise, mustard seeds, star anise, cumin, coriander, fennel, fenugreek, cardamom, asafoetida/hing, horseradish; fresh herbs (parsley, mint, rosemary, basil, etc.)</p> <p>Fat: ghee, olive oil</p> <p>Note: Kapha Food Guidelines are the same as Late Winter/Spring Guidelines.</p>
---	---	--	---