

# Spring Foods

During Spring, eat more foods from this list. Eat more foods that are Pungent (Spicy), Bitter, Astringent / Light, Dry, Warm: such as flavorful steamed veggies, brothy soups, brown rice. Eat less foods that are Sweet, Sour, Salty / Heavy, Cold, Oily: such as fried foods, ice cream, heavy dairy.

## VEGETABLES

\*Alfalfa Sprouts  
Artichokes  
\*Asparagus  
\*Bean Sprouts  
Beets  
\*Bell Peppers  
\*Bitter Melon  
Broccoli  
\*Brussels Sprouts  
\*Cabbage  
\*Carrots  
\*Cauliflower  
\*Celery  
\*Chicory  
\*Chilies, dried  
Cilantro  
\*Collard Greens  
\*Corn  
\*Dandelion  
\*Endive  
Fennel  
\*Garlic  
Ginger  
\*Green Beans  
\*Hot Peppers  
Jicama  
\*Kale  
Leeks  
\*Lettuce  
\*Mushrooms  
\*Mustard Greens  
\*Onions  
\*Parsley  
\*Peas  
\*Potatoes  
\*Radishes  
Seaweed  
Snow Peas  
\*Spinach  
\*Swiss Chard  
\*Turnips  
\*Watercress

## FRUIT

Apples  
Blueberries  
\*Dried Fruit  
Grapefruit  
Lemons, Limes  
Papayas  
Pears  
Pomegranates  
Raspberries  
Strawberries  
All Berries

## DAIRY

Ghee  
Lowfat yogurt  
\*Goat milk

## OILS

Rosemary  
Flax  
Mustard  
Sunflower  
Safflower  
Sunflower

## SPICES

Anise  
Asafoetida  
Basil  
Bay Leaf  
\*Black Pepper  
Chamomile  
Caraway  
Cardamom  
\*Cayenne  
Cinnamon  
\*Clove  
Coriander  
Cumin  
Dill  
Fennel  
Fenugreek  
Garlic  
Ginger  
Horseradish  
Marjoram  
Mustard  
Nutmeg  
Oregano  
Peppermint  
Poppy Seeds  
Saffron  
Sage  
Spearment  
Thyme  
Turmeric

## LEGUMES

\*All Sprouted Beans  
Adzuki  
Black Gram  
Garbanzo  
Fava  
\*Kidney  
\*Lentils  
\*Lima  
\*Mung  
\*Split Pea

## LEAN MEAT & FISH

Chicken  
Duck (moderation)  
Eggs (moderation)  
Freshwater fish  
Lamb  
Ocean fish  
Turkey

## NUTS & SEEDS

Filberts  
Pinons  
Pumpkin

## GRAINS

Amaranth  
Barley  
Buckwheat  
Brown Rice, long grain  
Corn  
Millet  
Oats, dry  
Quinoa

## HERB TEA

Alfalfa  
\*Cardamom  
\*Chicory  
\*Cinnamon  
\*Cloves  
\*Dandelion  
\*Ginger  
\*Hibiscus  
\*Orange Peel  
\*Strawberry Leaf

## BEVERAGES

Black Tea  
Coffee  
Rice/Soy milk  
Water

## SWEETENERS

\*Honey - Raw  
Maple Syrup  
Molasses

## CONDIMENTS

Carob  
Pickles

