

# The Spring Diet

March – June

- During Spring, eat more foods from this list. Simply circle your favorite foods - and those of anyone you cook for - and eat more of those foods.
- 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.

\*An asterisk means it is best to eat more of this food.

VEGETABLES	FRUIT	SPICES	LEGUMES	HERB TEA
*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, baked *Radishes Seaweed Snow Peas *Spinach *Swiss Chard *Turnips *Watercress	Apples Blueberries *Dried Fruit (all) Grapefruit Lemons, Limes Papayas Pears Pomegranates (sour) Raspberries Strawberries All Berries	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 Rosemary Saffron Sage Spearmint Thyme Turmeric	*All Sprouted Beans Adzuki Black Gram Garbanzo Fava *Goya *Kidney *Lentils *Lima *Mung Split Pea	Alfalfa *Cardamom *Chicory *Cinnamon *Cloves *Dandelion *Ginger *Hibiscus *Orange Peel *Strawberry Leaf
	<b>DAIRY</b>		<b>LEAN MEAT &amp; FISH</b>	<b>BEVERAGES</b>
	Ghee (moderation) Low fat yogurt (moderation) Rice/Soy milk *Goat milk		Chicken Duck (moderation) Eggs (moderation) Freshwater fish Lamb (moderation) Ocean fish (moderation) Turkey	Black Tea (moderation) Coffee (moderation) Water (room temp. to hot)
	<b>OILS</b>		<b>NUTS &amp; SEEDS</b>	<b>SWEETENERS</b>
	Canola *Corn Flax Mustard Safflower Soy Sunflower		Filberts Pine Nuts Pumpkin Sunflower	*Honey - Raw Maple Syrup Molasses
			<b>GRAINS</b>	<b>CONDIMENTS</b>
			Amaranth Barley Buckwheat Corn Millet Oats, dry Quinoa Rice, Brown, long grain Rye	Carob Pickles
				<i>Learn more about the Seasonal Diet in "The 3-Season Diet" by Dr. John Douillard</i>