

## Vegetables

Use fresh and seasonal vegetables

Ideal	Moderate	Rarely
Arugula	Artichokes	Beets
Asparagus	Chili peppers, hot	Mushrooms
Beet greens	Cucumber	Radishes
Bell peppers	Horseradish	Tomatoes
Broccoli	Onion, raw	
Broccoli rabe	Plantains	
Brussels sprouts	Pumpkin	
Burdock root	Rutabaga	
Cabbage	Sweet potatoes	
Carrots	Winter squash (acorn, buttercup, butternut)	
Carrot tops	Summer squash (zucchini)	
Cauliflower		
Celery		
Collards		
Corn, fresh		
Daikon		
Dandelion		
Eggplant		
Endive		
Green beans		
Jerusalem artichoke		
Jicama		
Karela		

Kohlrabi		
Landcress		
Leeks		
Lettuce		
Mustard greens		
Okra		
Onion, cooked		
Parsley		
Pokeroot		
Potatoes, white		
Spinach		
Sprouts		
Summer squash (yellow crookneck)		
Turnips		
Turnip greens		
Watercress		
Winter squash (spaghetti)		

## FRUITS

Use fresh and seasonal fruits

	Moderate	Rarely
Apples	Avocado	Bananas
Apricots	Cranberries	Grapefruit
Berries	Dates	Grapes, green
Cherries	Figs, fresh	Papaya
Figs, dried	Grapes	Rhubarb
Mango	Kiwi	Sour fruits, in excess
Peaches	Lemons	Soursop
Pears	Limes	Sweet fruits, in excess
Persimmon	Melons	Watermelon
Pomegranate	Oranges	
Prunes	Pineapple	
Quince	Plums	
Raisins	Strawberries	
	Tamarind	

## GRAINS

Since most dry goods are available throughout the year, grains are categorized by season for the dual types.

Ideal	Moderate	Rarely
<b>Winter/Spring (December to end of April)</b>		
Barley	Amaranth	Basmati rice, white
Basmati rice, brown	Buckwheat	Brown rice, medium- or short-grain
Quinoa	Corn	Oats, whole
Wild rice	Millet	Wheat
	Rye	
<b>Spring/Summer (May to end of August)</b>		
Barley	Amaranth	Brown rice, medium- or short-grain or sweet
Basmati rice, white	Basmati rice, brown	Oats, whole
Corn	Buckwheat	
Millet	Rye	
Quinoa	Wheat	
Wild rice		
<b>Fall (September to end of November)</b>		
Barley	Amaranth	Brown rice, medium- or short-grain
Basmati rice, brown or white	Brown rice, long-grain or sweet	
Corn, Rye, Millet	Buckwheat	
Quinoa	Oats, whole	
Wild	Wheat	

## PROCESSED GRAINS (ALL YEAR)

(Use processed grains sparingly)

Ideal	Moderate	Rarely
	Barley cereals	
	Barley flour	
	Cornmeal	
	Millet cereals	
	Oat bran	
	Pasta, whole wheat	
	Soba noodles	
	Udon noodles	

## LEGUMES, BEANS, PEAS, AND SOYBEAN DERIVATIVES

Ideal	Moderate	Rarely
Aduki beans	Lentils	Kidney
Black beans	Mung dhal, split or whole	Soybeans and soy by-products except cooked tofu
Black-eyed peas	Tofu, cooked	
Chickpeas	Toor dhal	
Lima		
Muth beans		
Navy beans		
Pinto beans		
Split peas, yellow or green		
Urad dhal		
White beans		

## NUTS & SEEDS

Ideal	Moderate	Rarely
	Coconut	All nuts
	Poppy seeds	Sesame seeds
	Pumpkin seeds, roasted	
	Sunflower seeds, roasted	

## DAIRY

Ideal	Moderate	Rarely
Ghee	Cottage cheese	Buttermilk
Goat's milk	Yogurt, mildly spiced	Cheeses, hard or soft
		Cow's milk, certified raw
		Dairy products, commercial or powdered
		Ice cream
		Sour cream

## OILS

Ideal	Moderate	Rarely
Canola	Almond	Apricot
Sunflower	Corn	Avocado
	Mustard	Coconut
	Safflower	Olive
	Soy	Sesame

## SWEETNERS

Sweeteners are to be used sparingly by K types

Ideal	Moderate	Rarely
Dried sweet fruits (apples, apricots, figs, mangoes, and raisins)	Amasake (rice milk)	Brown sugar, unrefined
Fruit juice concentrates	Barley malt	Dates
Honey, raw and uncooked	Brown rice syrup	Fructose
	Maple syrup	Honey, cooked
		Molasses
		Sucanat
		Sugarcane juice
		Sugar substitutes (saccharin, Sweet'n Low, NutraSweet)
		White sugar



## Herbs, Spices and Flavorings

Ideal	Moderate	Rarely
Allspice	Ajwan	Mango powder
Anise	Asafoetida	
Bay leaf	Fennel	
Black cumin	Fenugreek	
Black pepper	Garlic, raw	
Caraway	Ginger, dried	
Cardamom	Kudzu	
Cinnamon	Savory	
Cloves	Tamarind	
Coriander		
Curry leaves		
Curry powder		
Cumin		
Dill leaves or seeds		
Garam masala		
Garlic, cooked		
Horseradish		
Mace		
Marjoram		
Mint		
Mustard seeds		
Nutmeg		
Orange peel		

Oregano		
Paprika		
Parsley		
Peppermint		
Pippali		
Rosemary		
Saffron		
Sage		
Spearmint		
Star anise		
Tarragon		
Thyme		
Turmeric		
Vanilla		
Wintergreen		
Mustard seeds		

## Condiments

Ideal	Moderate	Rarely
Black pepper	Chili peppers	Black sesame seeds
Cilantro, fresh	Chutney, coconut or mango	Garlic, raw
Daikon, fresh	Coconut, fresh or roasted	Ketchup
Mint leaves	Coconut milk	Mayonnaise
Orange peel	Gomasio, mild	Miso
Rose water	Lemon juice	Olives, black or green
Sprouts	Mustard, noncommercial	Onions, raw
	Pickles, mild	Pickles, strong
	Rock salt	Salt, iodized
	Sea salt	Salty condiments, in excess
	Vinegar, brown rice or mild herbal	Sour condiments, in excess
	Wasabi	Soy sauce
	Yogurt, mildly spiced	Tamari
		Yogurt, plain

## Seaweeds

Use sparingly in the fall (September to end of November). Soak and rinse seaweeds thoroughly before use.

Ideal	Moderate	Rarely
	Agar-agar	
	Arame	
	Dulse	
	Hijiki	
	Kelp	
	Kombu	
	Riverweeds	
	Seaware	
	Wakame	

## Brews and Beverages

All fruit juices should be diluted with water or milk for K-P types

Ideal	Moderate	Rarely
Aloe vera juice/drinks	Almond drink or milk	Alcohol
Apple juice	Amasake (rice milk)	Carbonated drinks
Apricot juice	Caffeinated drinks	Chocolate drinks
Banana drinks	Coconut milk	Fruit juice, sweetened
Berry juice	Lassi (sweet yogurt drink)	Iced and very hot drinks
Carob drinks	Mango juice	Salted drinks
Carrot juice	Soy milk, warm spiced	Tomato juice
Carrot-ginger juice		
Cherry juice		
Chicory drinks		
Cranberry juice		
Goat's milk, spiced		
Grape juice		
Lemonade		
Mixed vegetable juice		
Orange juice		
Papaya juice		
Peach nectar		
Pear juice		
Pineapple juice		
Pomegranate juice		
Prune juice		
Vegetable broth		
Yogurt drinks, mildly spiced		

## Teas

Ideal	Moderate	Rarely
Ajwan	Fennel	Comfrey
Alfalfa	Ginger, fresh	Marshmallow
Bancha (twig)	Ginseng	Licorice
Barley	Lotus	Rosehips
Basil	Sarsaparilla	
Blackberry	Sassafras	
Borage	Yarrow	
Cardamom	Yerba mate	
Catnip	Fennel	
Chamomile	Ginger, fresh	
Chicory	Ginseng	
Chrysanthemum	Lotus	
Cinnamon	Sarsaparilla	
Cloves	Sassafras	
Cornsilk	Yarrow	
Dandelion	Yerba mate	
Elder flowers		
Eucalyptus		
Ginger, dried		
Hibiscus		
Hops		
Hyssop		

Jasmine	
Lavender	
Lemon balm	
Lemon grass	
Mexican bark	
Mormon tea	
Nettle	
Orange peel	
Osha	
Passionflower	
Pennyroyal	
Peppermint	
Raspberry	
Red clover	
Rose flower	
Saffron	
Sage	
Spearmint	
Strawberry	
Violet	
Wild cherry bark	
Wintergreen	