

## Vegetables

Use fresh and seasonal vegetables

Ideal	Moderate	Rarely
Arugula	Bamboo shoots	Mushrooms
Asparagus	Bell peppers	Shitake mushrooms
Beets	Cassava	Swiss chard
Beet greens	Escarole	Taro root
Bok choy	Gourd squash	Tomatoes
Broccoli	Lambsquarter	
Broccoli rabe	Papaya, green	
Brussels sprouts	Peas	
Burdock root	Plantain	
Cabbage	Pumpkin	
Carrots	Snow peas	
Cauliflower	Summer squash (zucchini)	
Celery	Sweet potatoes	
Collards	Turnips	
Corn, fresh	Turnip greens	
Eggplant	Winter squash (acorn, butternut, spaghetti)	
Endive		
Green beans		
Jerusalem artichoke		
Jicama		
Kale		
Karela		
Kohlrabi		

Landcress

Lettuce

Lotus root

Mustard greens

Okra

Onion, cooked

Parsnips

Pokeroot

Potatoes, white

Radishes, cooked

Rutabaga

Spinach

Sprouts

Watercress

## FRUITS

Use fresh and seasonal fruits

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

## GRAINS

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

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

## PROCESSED GRAINS (ALL YEAR)

(Use processed grains sparingly)

Ideal	Moderate	Rarely
	Barley cereals	
	Barley flour	
	Corn grits	
	Cornmeal	
	Millet cereals	
	Millet flour	
	Pasta, whole wheat or rye	
	Rye flakes	
	Rye flour	
	Soba noodles	
	Udon noodles	
	Wheat bran	
	Whole wheat flour	

## LEGUMES, BEANS, PEAS, AND SOYBEAN DERIVATIVES

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

## NUTS & SEEDS

Ideal	Moderate	Rarely
	Coconut	Butter, salted
	Pumpkin seeds, roasted	Buttermilk
	Sesame seeds, roasted	Cheeses, hard or soft*
	Sunflower seeds, roasted	Cottage cheese
		Dairy products, commercial or powdered
		Ice cream
		Sour cream*

\* Small amounts of cheeses and sour cream are permitted in fall (September to end of November).

## DAIRY

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

## OILS

Ideal	Moderate	Rarely
Canola	Almond	Animal oils or lard
Corn	Apricot	Coconut
Sunflower	Avocado	Soy
	Mustard	Vegetable, mixed
	Olive	
	Safflower	
	Sesame, dark or light	
	Walnut	

## SWEETNERS

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



## Herbs, Spices and Flavorings

Ideal	Moderate	Rarely
Allspice	Ajwan	
Anise	Almond extract	
Asafoetida	Cayenne	
Basil	Dill seed	
Bay leaf	Fennel	
Black cumin	Garlic, raw	
Black pepper	Horseradish	
Caraway	Kudzu	
Cardamom	Mango powder	
Cinnamon	Mugwort	
Cloves	Orange extract	
Coriander seeds	Tamarind	
Cumin	Vanilla	
Curry powder		
Dill leaves		
Eucalyptus		
Fenugreek		
Garam masala		
Garlic, cooked		
Ginger, dried or fresh		
Mace		
Marjoram		
Mint		
Mustard seeds		
Neem leaves		

Nutmeg

Onion, dried

Orange peel

Oregano

Paprika

Parsley

Peppermint

Rosemary

Saffron

Sage

Savory

Spearmint

Star anise

Tarragon

Thyme

Turmeric

## Condiments

Ideal	Moderate	Rarely
Black pepper	Chutney, coconut or sweet mango	Mayonnaise, commercial
Chili pepper, hot or mild	Gomasio, mild	Miso
Cilantro	Mayonnaise, noncommercial	Mustard, commercial
Coconut or coconut milk	Olives, black	Preservatives and additives, chemical
Daikon, grated	Pickles, cucumber or lime or mango	Salt, iodized
Garlic	Rock salt	Vinegar, commercial
Horseradish	Sea salt	
Lemon juice	Vinegar, brown rice or herbal or umeboshi	
Mint leaves	Wasabi	
Mustard, noncommercial	Chutney, coconut or sweet mango	
Onion, raw	Gomasio, mild	
Orange peel	Mayonnaise, noncommercial	
Pickles, ginger	Olives, black	
Rose water	Pickles, cucumber or lime or mango	
Sprouts	Rock salt	
Tamari	Sea salt	
Yogurt, spiced	Vinegar, brown rice or herbal or umeboshi	
	Wasabi	

## 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

Ideal	Moderate	Rarely
Aloe vera juice or drinks	Almond drink or milk	Alcohol
Apple juice	Apricot juice	Caffeinated teas
Apricot juice	Banana drink	Carbonated drinks
Berry juice	Coffee	Chocolate drinks
Carob drinks	Grape juice	Cold drinks
Carrot juice	Mildly salted or sour brews	Fruit juices, sweetened
Carrot-ginger juice	Orange juice	Tomato juice
Cherry juice	Pineapple juice	
Chicory drinks	Pungent brews	
Goat's milk, warm spiced		
Mango juice, unsweetened		
Mixed vegetable juice		
Peach juice		
Pear juice		
Pomegranate juice		
Soy milk, warm spiced		

## Teas

Ideal	Moderate	Rarely
Ajwan	Comfrey	
Alfalfa	Ginseng	
Bancha (twig)	Licorice	
Barley	Sarsaparilla	
Basil		
Chamomile		
Chicory		
Chrysanthemum		
Cinnamon		
Clove		
Dandelion		
Elder flowers		
Eucalyptus		
Ginger, dried or fresh		
Hibiscus		
Hops		
Hyssop		
Jasmine		
Lavender		
Lemon balm		
Lemon grass		
Mexican bark tea		
Nettle		
Orange peel		
Osha		

Pennyroyal

Peppermint

Raspberry

Red clover

Rose flower

Saffron

Sage

Spearmint

Violet