

Vegetables

Use fresh and seasonal vegetables

Ideal	Moderate	Rarely
Artichokes	Bamboo shoots	Beets
Arugula	Brussels sprouts	Beet greens
Asparagus	Carrots	Chili peppers, hot
Bell peppers	Cassava	Horseradish
Broccoli	Chili peppers, mild	Mushrooms
Broccoli rabe	Cucumber	Onion, raw
Burdock root	Daikon	Radishes, raw
Cabbage	Eggplant	Taro root
Carrot tops	Escarole	Tomatoes
Cauliflower	Kohlrabi	
Celery	Pokeroot	
Collards	Rutabaga	
Corn, fresh	Spinach	
Dandelion	Sweet potatoes	
Endive	Watercress	
Green beans	Zucchini	
Jerusalem artichoke		
Jicama		
Kale		
Karela		
Lambsquarter		
Landcress		
Leeks, cooked		
Lettuce		

Lotus root	
Mustard greens	
Okra	
Onion, cooked	
Parsley	
Parsnips	
Plantain	
Potatoes, white	
Pumpkin	
Sprouts	
Summer squash (yellow crookneck)	
Turnip greens	
Winter squash (acorn, buttercup, butternut, spaghetti)	

FRUITS

Use fresh and seasonal fruits

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

GRAINS

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

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

PROCESSED GRAINS (ALL YEAR)

(Use processed grains sparingly)

Ideal	Moderate	Rarely
	Barley cereals	
	Barley flour	
	Bulgur	
	Couscous	
	Oats, rolled or steel-cut	
	Pasta, whole wheat	
	Rice cereals	
	Udon noodles	
	Wheat bran	
	Whole wheat flour	

LEGUMES, BEANS, PEAS, AND SOYBEAN DERIVATIVES

Ideal	Moderate	Rarely
Aduki beans	Kidney	
Black beans	Lentils, brown or red	
Black-eyed peas	Mung dhal, split or whole	
Chickpeas	Navy beans	
Lima	Pinto beans	
Muth beans	Soybeans	
Urad dhal	Tempeh	
White beans	Tofu	
	Toor dhal	

NUTS & SEEDS

Ideal	Moderate	Rarely
	Coconut	All nuts may be used occasionally in cooking
	Poppy seeds	
	Pumpkin seeds, roasted	
	Sesame seeds, roasted	
	Sunflower seeds, roasted	

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	Avocado	Almond
Soy	Coconut	Apricot
Sunflower	Corn	Mustard
	Olive	Sesame, dark or light
	Safflower	
	Walnut	

SWEETNERS

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

Herbs, Spices and Flavorings

Ideal	Moderate	Rarely
Black cumin	Allspice	Asafoetida
Black pepper	Anise	Fenugreek
Coriander	Basil	Garlic, raw
Cumin	Bay leaf	Mango powder
Curry leaves	Caraway	Onion, raw
Dill leaves	Cardamom	Sorrel
Fennel	Chives	
Garam masala	Cinnamon	
Kudzu	Cloves	
Mint	Coltsfoot	
Orange peel	Curry powder	
Parsley	Dill seed	
Peppermint	Garlic, cooked	
Rose water	Ginger, fresh or dried	
Saffron	Horseradish	
Spearmint	Marjoram	
Turmeric	Mustard seeds	
Wintergreen	Nutmeg	
Black cumin	Oregano	
Black pepper	Paprika	
Coriander	Pippali	
Cumin	Rosemary	
Curry leaves	Sage	
Dill leaves	Salsify	

Fennel

Garam masala

Kudzu

Mint

Orange peel

Parsley

Peppermint

Rose water

Saffron

Spearmint

Turmeric

Wintergreen

Star anise

Tamarind

Tarragon

Thyme

Vanilla

Condiments

Ideal	Moderate	Rarely
Black pepper	Chili pepper	Garlic, raw
Chutney, coconut	Chutney, mango	Ketchup
Cilantro	Daikon, grated	Mayonnaise
Coconut, fresh roasted	Gomasio, mild	Miso
Coconut milk	Horseradish	Olives, black or green
Curry leaves	Mustard, noncommercial	Onion, raw
Daikon	Orange peel	Pickles, strong
Lemon juice	Pickles, mild	Preservatives and additives, chemical
Mint leaves	Rock salt	Pungent or salty or sour items, in excess
Mustard	Sea salt	Salt, iodized
Rose water	Vinegar, brown rice or mild herbal	Sesame seeds, black
Sprout	Wasabi	Soy sauce
	Yogurt, mildly spiced	Tamari
		Yogurt, plain
		Garlic, raw

Seaweeds

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

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

Brews and Beverages

Ideal	Moderate	Rarely
	Amasake (rice milk)	Alcohol
	Carob drinks	Caffeinated drinks
	Carrot juice	Carbonated drinks
	Carrot-ginger juice	Chocolate drinks
	Chicory blends	Fruit juices, sweetened
	Coconut milk	Ice cold or very hot drinks
	Cow's milk, spiced, in small amounts	Salted drinks, in excess
	Goat's milk, warm spiced	
	Lassi (sweet yogurt drink)	
	Mixed vegetable juice	
	Soy milk, warm spiced	
	Yogurt drink, mildly spiced	

Teas

Do not use chamomile if you are allergic to ragweed.

Ideal	Moderate	Rarely
Bancha (twig)	Basil	Ginseng
Barley	Cardamom	Rosehips
Birch	Cinnamon	Sassafras
Blackberry	Cloves	
Borage	Comfrey	
Burdock	Eucalyptus	
Chamomile	Ginger	
Chicory	Lotus	
Chrysanthemum	Orange peel	
Dandelion	Osha	
Elder flowers	Sarsaparilla	
Fennel	Yerba mate	
Hibiscus		
Hops		
Jasmine		
Lavender		
Lemon balm		
Lemon grass		
Licorice		
Nettle		
Passionflower		
Peppermint		
Raspberry leaves		
Red clover		

Rose flower

Saffron

Spearmint

Strawberry

Violet

Wintergreen

Wild cherry bark

Yarrow