

## Vegetables

Use fresh and seasonal vegetables

Ideal	Moderate	Rarely
Artichoke	Beets	Brussels sprouts
Arugula	Burdock root	Eggplant
Asparagus	Cabbage	Mushrooms
Bell peppers	Cauliflower	Onion, raw
Bok choy	Corn, fresh	Pungent vegetables, in excess
Broccoli	Dandelion greens	Swiss chard
Broccoli rabe	Gourd squash	Tomatoes
Carrot	Jicama	Turnips
Celery	Kale	Turnip greens
Collards	Onion, cooked	
Cucumber, seedless	Papaya, green	
Dandelion greens	Peas	
Endive	Plantain	
Green beans	Potatoes, white	
Jerusalem artichoke	Radishes, cooked	
Karela	Spinach	
Landcress		
Lettuce		
Mustard greens		
Okra		
Parsnips		
Pumpkin		
Radicchio		
Rutabaga		

Sprouts

Winter squash (acorn, butternut, buttercup, spaghetti)

Summer squash (yellow crookneck, zucchini)

Sweet potatoes

Watercress

## FRUITS

Use fresh and seasonal fruits

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

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

## PROCESSED GRAINS (ALL YEAR)

(Use processed grains sparingly)

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

## LEGUMES, BEANS, PEAS, AND SOYBEAN DERIVATIVES

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

## NUTS & SEEDS

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

## DAIRY

Ideal	Moderate	Rarely
Butter, unsalted	Butter, salted	Buttermilk
Cottage cheese	Cheeses, mild	Cheeses, salted
Cow's milk, certified raw	Ice cream, homemade	Goat's milk
Ghee		Dairy products, commercial or powdered
Yogurt		Sour cream

## OILS

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

## SWEETNERS

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

## Herbs, Spices and Flavorings

Ideal	Moderate	Rarely
Basil, fresh	Ajwan	Asafoetida
Black cumin	Almond extract	Chili peppers, hot
Black pepper	Bay leaf	Fenugreek
Caraway	Cayenne	Garlic, raw
Cardamom	Cinnamon	Mac
Coriander	Cloves	Marjoram
Cumin	Curry powder, mild	Onion, raw
Dill leaves	Dill seed	
Fennel	Garlic, cooked	
Garam masala	Ginger	
Kudzu	Licorice	
Mint	Mango powder	
Orange peel	Mustard seeds	
Peppermint	Neem leaves	
Saffron	Nutmeg	
Spearmint	Onion, dried	
Tarragon	Orange extract	
Turmeric	Oregano	
Vanilla	Paprika	
Wintergreen	Parsley	
	Rosemary	
	Sage	
	Savory	
	Tamarind	
	Thyme	



## Condiments

Ideal	Moderate	Rarely
	Cilantro	Ketchup
	Coconut milk	Mayonnaise, commercial
	Coconut, roasted	Mustard, commercial
	Daikon, grated	Preservatives and additives, chemical
	Gomasio, mild	Salt, iodized
	Horseradish	Vinegar, commercial
	Lemon juice	Ketchup
	Lime juice	Mayonnaise, commercial
	Mayonnaise, noncommercial	Mustard, commercial
	Olives, black	Preservatives and additives, chemical
	Pickles, ginger or lime	Salt, iodized
	Rock salt	Vinegar, commercial
	Rose water	
	Sea salt	
	Tamari	
	Vinegars, brown rice or herbal	
	Wasabi	
	Yogurt, spice	

## 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
Apricot juice	Aloe vera juice or drinks	Caffeinated drinks
Berry juice, sweet	Apple juice	Carbonated drinks
Coconut milk	Chicory blends	Chocolate drinks
Cow's milk or drinks, sweet	Carob drinks	Pungent beverages
Date and fig shakes	Carrot juice	Tomato juice
Fruit juices, sweet (cherry, grape, mango, peach, pomegranate, sweet orange, prune)	Cow's milk or drinks, hot spiced	
Lassi (sweet yogurt drink)	Grapefruit juice	
	Mildly salted or sour brews	
	Mixed vegetable juice	
	Papaya juice	
	Pear juice	

## Teas

Do not use chamomile if you are allergic to ragweed.

Ideal	Moderate	Rarely
Bancha (twig)	Ajwan	
Birch	Barley	
Cardamom	Blackberry	
Chamomile	Borage	
Elder flowers	Burdock	
Fennel	Chrysanthemum	
Hops	Cinnamon	
Lavender	Cloves	
Lemon balm	Comfrey	
Lemon grass	Eucalyptus	
Peppermint	Ginger	
Raspberry leaves	Hibiscus	
Rose flowers	Jasmine	
Spearmint	Mexican bark tea	
Wild cherry bark	Passionflower	
Bancha (twig)	Red clover	
Birch	Strawberry	
Cardamom		
Chamomile		
Elder flowers		
Fennel		
Hops		
Lavender		
Lemon balm		

Lemon grass

Peppermint

Raspberry leaves

Rose flowers

Spearmint

Wild cherry bark

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