



Food Ideas to Help You Cool Off

When a person has too much heat in their system (from stress, anger, overwork, eating spicy foods, eating hot temperature foods, getting too hot in the weather), it creates a short tempered situation in them. I am speaking from personal experience (I can get pretty cranky when I am overheated!) and research on Ayurvedic foods / medicine.

To counteract that, the body needs to be cooled off through rest and the right foods. I was thinking about foods that might help with that and here is a list of what I have so far. Let me know if you would like to chat about this more or have any questions. I hope this helps!

Cool / cold / cooling foods: (serve cool or at room temperature)

Savory:

- Potato salad (use soy yogurt or coconut oil for the dressing) - add some chopped celery, cucumbers, cabbage, sunflower seeds, lemon juice and rind if want, sea salt
- Rice salad / pasta salad - again use soy yogurt or coconut oil, add in some chopped cucumbers, celery, cilantro, lemon juice, sea salt
- Coleslaw - shredded cabbage, carrots, raisins, soy yogurt or soy milk, lemon juice, sea salt
- Chopped extra firm plain organic tofu (no need to heat/cook), coconut oil / olive oil / sesame oil, green cabbage, sunflower seeds, lemon juice, sea salt (Note - best brand I have found is Twin Oaks local organic tofu sold at Ellwood Thompson's Local Market in Richmond, VA or Dawson's Market in Rockville, MD; some Fresh Market stores also carry it - any other brand is fine too just be sure it's organic extra firm plain variety!)
- Cucumber salad with lemon/lime juice, sea salt, raw sunflower seeds, and cilantro if you like

Sweet:

- Cooked cooled white rice with coconut or soy milk, bananas or other sweet fruit like organic berries, ripe mango, or even dried chopped dates or apricots, sea salt
- watermelon, cantaloupe, dates, pears
- cooked yams / sweet potatoes, coconut oil, cinnamon, raisins / dates, sea salt
- frozen bananas (put in blender with soy milk and make your own ice cream! yum!)
- anything coconut :) juice is super cooling, as is dried shredded unsweetened coconut w chia seeds/ground flaxseed, raw honey, water/coconut cream/rice milk, sea salt. Add bananas, cinnamon/cardamom powder, etc if you want.



- lots of cool water, juices, fruits

Avoid spicy foods, hot foods, nuts, meat as much as possible

See link below for some information on the background behind this.
Having too much heat in the body is known as a pitta (fire) imbalance.

Ayurvedic Food Info

https://docs.google.com/document/d/11ZI29X6XcJI7bMdOxhiwzw53ZGfDUXkFC1a_A5iljrY/edit?usp=drivesdk

Again, let me know of questions, if you would like more information, or would like to discuss more in depth information. Take good care and stay cool out there in this heat!

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