

Autumn/Early Winter - Quick Eating Guide

Balancing Mantra:

- **Warming** - Enjoy foods that are cooked warm but not too hot AND that have heating qualities (spices, onions, peppers, garlic, etc.)
 - **Grounding** - Foods with heavier, nourishing qualities
 - **Moisturising** - Foods that are naturally moist or oily OR that have been prepared with water or oil
 - **Routine** - Eat and poop at regular times to add regularity to your digestion
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Foods/Tastes to Enjoy:

Autumn tastes/qualities to favor: sweet, sour, salty, heavy, moist, warm

Autumn spices to favor: asafoetida, cardamom, cinnamon, fennel, cumin ginger, turmeric

- **Sweet** - Grains, pasta, rice, bread, root vegetables, juicy fruits, dairy, chicken, fish, sugar, honey, molasses.
- **Sour** - Citrus fruits, berries, tomatoes, pickled foods, sour fruits (cherries, plums, grapes, apples), spinach, chard, yogurt, cheese, sour cream, vinegar, sauerkraut.
- **Salty** - Rock salt, soy sauce, salted meats, ocean fish, shellfish

Foods to Avoid:

Dry, light, cold, bitter, astringent, crunchy or raw foods...

Beans, crackers, frozen foods, ice cream, cold drinks, dried fruits, overly spicy foods, cruciferous vegetables (broccoli, cauliflower, cabbages, brussels sprouts - unless cooked with oil and spices), caffeine.

Tips for success...

Oil with everything - Pay attention to the textures and unctuousness of your food. Is it dry? Choose options that are naturally moist or oily (nuts, dates, ghee, dairy) in order to offset the dryness of the season.

Warm and fresh is best - Warm everything can sometimes be a challenge and lead folks to turn to the microwave for assistance. Do what you can to keep foods both warm and fresh (reduce leftovers and opting for freshly cooked foods). Consider cooking a practice in presence and give yourself the gift of creating a relationship with the food that feeds you!

Soup, Soup, Soup - Soup is my go-to for autumn! It's yummy, it's easy, it's offers the chance to enjoy various foods (mostly veggies) that are good for you AND to get creative with your spices! You really can't go wrong with soup in fall!