

Summer – Quick Eating Guide

Balancing Mantra:

- **Cool**- Enjoy foods with cooling qualities, but be sure not to over do it!
 - **Calm** - Ease up on the heating spices (like pepper and chilli) and go for spices that are more calming like cardamom, nutmeg, coriander, mint.
 - **Sweet**- Dive into the sweet summer fruits to cool, calm and ground the intensity of the season.
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Foods/Tastes to Enjoy:

Summer tastes/qualities to favor: sweet, cool, and moistening, slightly heavy

Summer spices to favor: coriander, cardamom, asafoetida, fennel, mint, turmeric (late summer)

- **Sweet** - Grains, pasta, rice, bread, root vegetables, juicy fruits, dairy, fish, sugar, honey, molasses.
- **Bitter**- Green leafy vegetables, green and yellow vegetables, kale, celery, spinach, cabbage, broccoli, sprouts, beets, zucchini, eggplant, turmeric, fenugreek, dandelion root,
- **Astringent**- Lentils, beans, grains (rye, buckwheat, quinoa), green apples, cauliflower, broccoli, artichoke, asparagus, turnips, pomegranates, cranberries, pears, dried fruits, turmeric, coffee, tea.

Foods to Avoid:

Pungent, salty or sour foods are heating and should be reduced or eaten with caution

You'll also want to let go excessive alcohol, meat, spicy, oily, sour or fried foods, nuts

Tips for success...

Fruit alone - This is one of the best seasons for beautiful fresh fruits, so chances are good you'll be eating a good amount of it. Ayurveda recommends that we take fruit all on it's own, rather than mixing it with too many other ingredients to ensure its digestibility and our own digestive wellness.

Make a salad! - Salads are the perfect meal for summer. They can be dressed up or stripped back. You can add warming elements (roasted veggies or steamed fish), and grains to up the flavor and the satisfaction levels!

Cool but not too cool- Even though it's the best time of the year for cooling, stay mindful of your digestion and go easy on iced drinks and frozen treats. Stay tuned into your digestion and practice moderation when it comes to cooling things down!