

Develop Healthy Eating Habits

- An Ayurvedic Approach -

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Prepare meals with all six tastes represented when possible. Try to have different textures represented i.e., crispy, crunchy, chewy, and different temperatures – hot, warm, cool. This practice helps us to be satiated emotionally, bio-chemically and physically. Do not rush your meals. Make mealtimes more celebrated with an attitude of gratitude.

Sip fresh, filtered water with your meals and only eat until you are 70% full. If you are looking to overcome a health concern, limit your simple carbohydrate and sugar intake which prevents spiking your blood-insulin level. Eat something nutritious every 2-3 hours.

6 Taste Sources:

Sweet - Grains, pastas, breads, polenta, corn, quinoa, eggs, lobster, shrimp, salmon, sweet peas, beets, carrots, jicama, raisins, nuts, dairy, cinnamon, honey, maple syrup, bananas, grapes, pears, pineapple, plums, prunes, avocado, butternut squash, red bell pepper, okra, basmati rice, meat and poultry (organic when possible)

Sour – Lemons, limes, apricots, cherries, apples, pomegranate, cranberries, black berries, strawberries, mango, tomatoes, pickles, vinegar, chutneys, goat cheese, sour cream, kefir

Salty - Fish, bone marrow, seaweed, soy sauce, blue cheese, feta cheese, parmesan cheese, miso, purslane, ketchup and processed foods (limit)

Bitter – Brussels sprouts, bitter melon, eggplant, lettuces, dandelions, chard, collard greens, beet greens, turnip greens, parsnip, parsley, grapefruit, orange peel, coffee, dark chocolate

Pungent – Black pepper, cayenne, chilies, ginger, garlic, cumin, rosemary, onions, leeks, radish, horseradish, salsa, sun-dried tomatoes, basil, thyme, curry, cloves, mustard, star anise.

Astringent – Black beans, lentils, green beans, lima beans, garbanzo beans, soybeans, tempeh, bean sprouts, cilantro, potato, nutmeg, apple cider vinegar, dry white wine, tea.