AYURVEDA & YOGA
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VATA IN SPRING GROCERY LIST (MARCH-JUNE)

Tastes to Increase: Pungent, Sour **Tastes to Reduce: Sweet, Bitter**

COOKED GRAINS	VEGETABLES	FRUITS	RAW OG DAIRY
Amaranth Barley Basmati rice Brown rice Buckwheat *Millet Quinoa *Rye Wild rice	*Alfalfa sprouts Artichoke *Avocado Beets *Bell peppers *Broccoli *Brussels sprouts Carrots Cauliflower *Celery *Cilantro Chili peppers Corn (fresh) Green beans *Kale *Lettuce Leeks Mung bean sprouts Mustard greens Onion *Peas (green, snow) Potato Radish Sunflower sprouts Tomato Squash (zucchini, crookneck) *Okra Green beans Mustard greens *Mushrooms *Seaweed *Spinach *Swiss chard *Turnips	*Apples (baked is best) Apricots *Banana (sour) *Blueberries *Blackberries *Cranberries *Cherries Grapefruit Lemon *Lime *Mango *Oranges Papaya *Pineapple *Plums (sour) *Pomegranate *Prunes *Raspberries *Tangerines	Warm Milk with ginger and cardamom Ghee *Kefir *Sour Cream Yogurt *Yogurt (whole milk)
OIL		**BEVERAGES**	**SPICES**
*Almond *Castor Flaxseed Ghee Mustard *Olive *Peanut *Sesame		Black Tea (moderation) Coffee (moderation) Water (room temp. to hot) Chamomile tea Licorice tea Mint tea Spicy teas	Allspice Basil Bay leaf Black pepper Caraway Cayenne Celery seed Chamomile Cloves Coriander Cumin Curry powder Dill Fennel Garlic Ginger Horseradish Lemon verbena Marjoram Mustard seed Nutmeg Oregano Paprika Parsley Peppermint Rosemary Saffron *Salt Spearmint Star anise Thyme Turmeric
LEGUMES		**SWEETENERS**	
Mung beans Soy milk Tempeh Tofu Tur dal		Honey *Molasses	
		CONDIMENTS	
		Vinegar	

Though these are not the only items you can eat, they are the most beneficial foods for your constitution in this season. If you eat meat, consume the least in the spring, moderate in the summer and more in the winter.

**An asterisk means it is best to limit your intake of this food.*