

SIX TASTES SHOPPING LIST

Include all six tastes and a rainbow of colors at every meal. Some foods fall under two categories. Adding cardamom, garlic, ginger, rosemary or turmeric covers several tastes with one spice.

SWEET	SOUR	SALTY
<p>Apples Avocado and Asparagus Carrots Beets and Bell Peppers Grains, Pasta and Rice Bread Mushrooms Nuts and Seeds Oils and Meats Honey and Sugar Mango and Melons Papaya and Peaches Sweet Potatoes</p>	<p>Alcohol Apricots and Berries Cheese Citrus Fruits Lemon and Lime Mango Tomatoes Papaya Pickles Soy Sauce Vinegar Yogurt</p>	<p>Celery Chips Crackers Salted Meats Sauces Sea Veggies Seafood Taste of the Ocean Pickled Olives</p>
SWEET SPICY	SOUR SPICES	SALTY SPICES
<p>Basil Cardamom Fresh Fennel Mint Nutmeg Vanilla</p>	<p>Tamarind Caraway Seeds Oregano</p>	<p>Bragg Liquid Aminos Garlic Soy Tamari Salt</p>
PROTEINS, CARBS & FATS	ORGANIC ACIDS	MINERALS SALTS
<p>Soothing Effects on Physiology Builds Tissue Diuretic, Anti-inflammatory Increases Weight</p> <p>Pacifies Vata & Pitta Aggravates Kapha</p>	<p>Stimulates Stomach Acids Promotes Appetite Improves Digestion Can Cause Heartburn</p> <p>Pacifies Vata Aggravates Pitta & Kapha</p>	<p>Stimulates Digestive Juices Salt Water Can Be a Mild Laxative Can Increase Blood Pressure Combat Dullness and Depression Guards Against Tumors</p> <p>Pacifies Vata Aggravates Pitta & Kapha</p>

BITTER	PUNGENT / SPICY	ASTRINGENT
<p>Almonds Asparagus Broccoli & Bok Choy Kale Chicory Celery Dark Chocolate/Cocoa Lettuce & Spinach Tea Aloe Vera Sprouts Yellow Squash</p>	<p>Black Pepper Garbanzo Beans Coffee & Cocoa Cooking Spices Eggplant Horseradish Mustard Onions Peppers Radishes Salsa Spinach</p>	<p>Apples & Bananas Beans & Legumes Corn & Popcorn Cabbage & Cauliflower Tofu & Tempeh Zucchini Cucumber Dark Greens Mushrooms Pomegranates Red Wine Seeds & Nuts</p>
BITTER SPICES	PUNGENT SPICES	ASTRINGENT SPICES
<p>Turmeric, Cumin, Pepper, Barley, Basil, Fenugreek, Dill</p>	<p>Cinnamon, Ginger, Asafetida (Hing), Nutmeg, Cumin, Fennel, Paprika, Rosemary, Thyme</p>	<p>Turmeric, Dill, Basil, Parsley, Coriander, Cilantro, Oregano</p>
ESSENTIAL OILS	ALKALOIDS / GLYCOCIDES	FIBROUS FOODS
<p>Detoxifying May Cause Gas Increases Bile Supports Liver Promotes Weight Loss</p> <p>Pacifies Pitta & Kapha Aggravates Vata</p>	<p>Promotes Sweating Clears Sinus Increases Metabolism Promotes Weight Loss</p> <p>Pacifies Kapha Aggravates Vata & Pitta</p>	<p>Helps with Elimination Healing & Drying Absorbs Water Tightens Tissues</p> <p>Pacifies Pitta & Kapha Aggravates Vata</p>