



SHARRONCOSGROVE

Ideal Spring Foods

The following is a list of ideal spring foods recommended by prominent leaders in the Ayurvedic community, including Vasant Lad, MASc, and John Douillard.

Fruits to Favor

- Apples
- Apricots
- Blueberries
- Cherries
- Cranberries
- Raisins and Other Dried Fruit
- Lemons and Limes
- Peaches
- Pears
- Limes
- Pomegranates
- Prunes (soaked)
- Raspberries
- Strawberries

Vegetables to Favor

- Artichoke
- Asparagus
- Bell Peppers
- Beets & Beet Greens
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chard
- Chilies
- Dandelion Greens
- Endive
- Garlic
- Green Beans
- Kale
- Leeks
- Lettuce
- Onion
- Peas
- Potatoes, white
- Radishes
- Spinach

- Collard Greens
- Corn
- Sprouts
- Turnips

Grains to Favor

- Amaranth
- Barley
- Buckwheat
- Corn
- Millet
- Oats (dry, not cooked)
- Quinoa
- Rice, Basmati
- Rice Cakes
- Rye
- Seitan
- Tapioca

Legumes to Favor

- Aduki Beans
- Bean Sprouts
- Black Beans
- Black-Eyed Peas
- Garbanzo Beans
- Kidney Beans
- Lima Beans
- Lentils
- Miso
- Mung Beans
- Navy Beans
- Pinto Beans
- Tempeh
- Toor Dal
- White Beans

Seeds to Favor

- Popcorn
- Pumpkin Seeds
- Sunflower Seeds

Dairy to Favor (All in Moderation)

- Cottage Cheese
- Goat's Milk
- Yogurt

Animal Products to Favor (If you eat them)

- Eggs
- Freshwater Fish
- Poultry (white meat)
- Shrimp
- Venison

Oils to Favor (in very small quantities)

- Corn Oil
- Flax Seed Oil
- Ghee
- Mustard Oil
- Safflower Oil
- Sunflower Oil

Sweeteners

- Honey
- Maple Syrup
- Molasses

Spices to Favor

All spices will generally be very supportive through the spring season.