



SHARRONCOSGROVE

## Pitta Season Diet

During the summer, our bodies naturally crave light foods and small meals that are easy to digest because the Agni (the digestive fire), which is a strong source of internal heat disperses in order to help keep us cool. Being fully present with your meals while savoring the flavor and texture of your food will help minimize the risk of overeating.

Summer is a time to favor the sweet, bitter, and astringent tastes and to relish in cool, liquid, even slightly oily foods. This is the best time of year to enjoy fresh fruits and salads. It is also a great time to indulge in sweet dairy products such as milk, butter, ghee, cottage cheese, fresh homemade yogurt, and even ice cream on occasion.

All unrefined sweeteners except honey and molasses are cooling and can be enjoyed in moderation during the summer months.

In the way of beverages to beat the heat, enjoy cool or room temperature water infused with mint or lime and a little raw sugar, a sweet lassi, cooling herbal teas such as peppermint, licorice, fennel or rose, or an occasional beer. Iced drinks are best avoided; they disturb the digestive fire and create toxins in the body.

Go easy on sour or unripe fruits, aged cheeses, and heating vegetables and spices such as carrots, beets, radishes, onions, garlic, ginger, and mustard seeds. Try to avoid extremely spicy foods like chilies or cayenne pepper altogether.

Also, keep in mind that raw vegetables (as in salads) will be better digested if they are eaten at lunch, rather than at dinner.

Below is a list of some excellent summer foods

## Fruits to Favor

- Apples
- Avocados
- Berries
- Cherries
- Coconut
- Cranberries
- Grapes
- Limes
- Mangoes
- Melons
- Pears
- Pineapples
- Plums
- Pomegranates
- Prunes

## Vegetables to Favor

- Artichokes
- Asparagus
- Beet Greens
- Broccoli
- Brussel Sprouts
- Cabbage
- Cauliflower
- Celery
- Chard
- Collard Greens
- Cucumbers
- Green Beans
- Kale
- Lettuce
- Okra
- Potatoes
- Watercress
- Zucchini

## Grains to Favor

- Barley
- Rice, Basmati
- Wheat

## Legumes to Favor

- Adzuki Beans
- Black Beans
- Garbanzo Beans
- Mung Beans
- Soy Beans and Soy Products
- Split Peas

## Oils to Favor

- Coconut Oil
- Olive Oil
- Sunflower Oil

## Spices and Garnishes to Favor

- Basil
- Cardamom
- Cilantro
- Coriander
- Dill
- Fennel
- Lime
- Mint
- Parsley

## Animal Products to Favor (If you eat them)

- Fish (freshwater)
- Poultry (white)
- Shrimp

## Sweeteners

- Maple Syrup
- Unrefined Cane Sugar
- Turbinado