



SHARRONCOSGROVE

## Ideal Winter Foods

The following is a list of winter foods recommended by prominent figures in the Ayurvedic community, including John Douillard and Vasant Laad.

### Fruits to Favor

<ul style="list-style-type: none"><li>• Apples (cooked)<ul style="list-style-type: none"><li>• Apricots</li><li>• Bananas</li><li>• Berries</li></ul></li><li>• Cantaloupe</li><li>• Cherries<ul style="list-style-type: none"><li>• Dates</li><li>• Figs</li></ul></li></ul>	<ul style="list-style-type: none"><li>• Grapefruit</li><li>• Limes and Lemons<ul style="list-style-type: none"><li>• Mangoes</li><li>• Oranges</li><li>• Papaya</li><li>• Peaches</li></ul></li><li>• Prunes (soaked)</li><li>• Tangerines</li></ul>
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### Vegetables to Favor

<ul style="list-style-type: none"><li>• Asparagus<ul style="list-style-type: none"><li>• Beets</li></ul></li><li>• Brussel Sprouts<ul style="list-style-type: none"><li>• Carrots</li><li>• Chilies</li><li>• Corn</li></ul></li><li>• Eggplant<ul style="list-style-type: none"><li>• Garlic</li></ul></li><li>• Green Beans</li></ul>	<ul style="list-style-type: none"><li>• Greens (cooked)<ul style="list-style-type: none"><li>• Mushrooms</li></ul></li><li>• Leeks and Onions<ul style="list-style-type: none"><li>• Okra</li><li>• Potatoes</li><li>• Rutabaga</li></ul></li><li>• Spinach (cooked)</li><li>• Winter Squash<ul style="list-style-type: none"><li>• Turnips</li></ul></li></ul>
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## Grains to Favor

<ul style="list-style-type: none"><li>• Amaranth</li><li>• Barley</li><li>• Buckwheat</li><li>• Corn</li><li>• Millet</li><li>• Oats</li></ul>	<ul style="list-style-type: none"><li>• Quinoa</li><li>• <u>Rice, Basmati</u></li><li>• Rice, Brown</li><li>• Rye</li><li>• Seitan</li><li>• Wheat</li></ul>
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## Legumes to Favor

<ul style="list-style-type: none"><li>• Lentils (brown and red)</li><li>• Miso</li><li>• <u>Mung Beans</u></li><li>• Navy Beans</li></ul>	<ul style="list-style-type: none"><li>• Tempeh</li><li>• Tofu</li><li>• Toor Dal</li><li>• Urad Dal</li></ul>
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## Nuts and Seeds to Favor

<ul style="list-style-type: none"><li>• Almonds</li><li>• Brazil Nuts</li><li>• Cashews</li><li>• Hazelnuts</li><li>• Macadamia Nuts</li><li>• Peanuts</li></ul>	<ul style="list-style-type: none"><li>• Pecans</li><li>• Pine Nuts</li><li>• Pistachios</li><li>• Walnuts</li><li>• Pumpkin Seeds</li><li>• Sunflower Seeds</li></ul>
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## Dairy to Favor

<ul style="list-style-type: none"><li>• Butter</li><li>• Soft Cheeses</li><li>• Cottage Cheese</li></ul>	<ul style="list-style-type: none"><li>• Cow's Milk (not cold)</li><li>• Goat's Milk (not cold)</li><li>• Sour Cream</li></ul>
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## Animal Products to Favor (If You Eat Them)

<ul style="list-style-type: none"><li>• Poultry &amp; Eggs</li><li>• Freshwater Fish</li></ul>	<ul style="list-style-type: none"><li>• Shrimp</li><li>• Venison</li></ul>
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## Oils to Favor

- Almond Oil
- Corn Oil
- Flax Seed Oil
- Ghee
- Mustard Oil

- Olive Oil
- Safflower Oil
- Sesame Oil
- Sunflower Oil

## Sweeteners

- Honey
- Jaggary
- Molasses

## Spices to Favor

- All spices can be supportive during the winter months