

EATING IS A SACRED ACT

*It is taking something
that is not yourself and
making it yourself.*



Take a moment to appreciate the food you are eating.

Eat in a pleasant & calm atmosphere.

Eat wholesome foods - fresh & organic.

Choose food according to the season.

Eat foods that will not aggravate your doshas.

Eat slowly and chew your food well.

When you eat, refrain from other activity.

When feeling emotional - do not eat.

Drink hot or room temperature water.

Stop eating when you are satiated (about 75% full).

Rest for a few minutes when you finish eating.

Remember, enjoy your food!

SIX TASTES & SOME EXAMPLES

Sweet (Water & Earth)

Honey
Beets
Melons
Rice

Sour (Fire & Earth)

Yogurt
Cheese
Rose Hips
Tamarind

Salt (Water & Fire)

Sea Salt
Rock Salt
Kelp

Pungent (Fire & Air)

Onion
Garlic
Chilies
Cumin

Bitter (Air & Ether)

Dandelion Root
Rhubarb
Fennugreek
Fresh Tumeric Root

Stringent (Earth & Air)

Unripe Bananas
Pomegranates
Chick peas