

## DO'S & DON'TS

One of the things that sets Ayurveda apart is that it looks at each person as an individual.

Beyond these general guidelines, it becomes important to consult with an Ayurvedic professional to determine what to eat based on your physical & mental constitutions, current imbalances, any medications you may be taking, and tissue/organ/disease-specific nuances in nutrition to help you achieve your health goals, and make sure you have success incorporating your food changes into your life!

DO'S	DON'TS	AVOID
Whole organic foods	Improper food Combining	Cheese, ice cream, yoghurt that is not homemade
Cold pressed quality oils	-Fruit with any other foods	Processed foods, including bread, soya products
Pulses & whole grains	-Any combination of proteins: eggs, milk, cheese, meat, yogurt, fish	Refined sugars
Fresh fruits & veggies	-Nightshades with yoghurt, milk	Fermented yeasts (bread & beer)
Spices	-Chicken or fish with dairy	Densely packed supernutrients- beware of the smoothie
Raw honey	-Honey & ghee in equal parts by weight	Nightshades (tomato, paprika, aubergine)
Mineral salt (v sea salt or table)	Eat when you are not hungry	Deep fried foods
Eat food with 6 tastes	Eat or drink alcohol late (after 7)	Dried fruits & nuts
Bitters	Cold drinks	Too much juicing
Wait for your hunger	Raw foods in fall, winter, spring	Drinking liquids until 3 hours after food
Eat more mung beans, dates, ghee, soups	Eat under the influence emotions,TV, tiredness	Non-organic "top 10" fruits & veg
Cook your food	Stimulants- coffee, chocolate, white & processed sugar	Non-organic dairy & meats
Eat regularly, without entertainment	Alcohol	Eating quickly, or while moving, fast-food
Make lunch your largest meal	Cooked honey	
Drink hot water before & sip during meals		
Chew your food really well		
Seasonal & local produce		

