

## Eating Made Simple

### Eat proportional to your teeth.

- 4-5 Molars- Used for grains, beans and nuts. 40-60% of the diet should consist of whole grains including brown: whole-basmati or wild rice; whole wheat, rye or oat berries; quinoa, spelt, kamut, amaranth and or corn. A smaller portion 10-20 percent of the diet can be devoted to beans, and an even smaller portion devoted to nuts. Nuts should be lightly roasted before use.
- 2-3 Incisors- Used for fruits and vegetables. 30-50% of the diet should consist of whole fruits and vegetables. The majority of foods in this category should include lightly cooked vegetables including seaweeds for additional nutrition. Fruits should be enjoyed as deserts generally, not as primary meals.
- 1 canine used for meats. 5-10% of the diet can consist of animal products. Generally, steamed fish is the best. If other animal meats are preferred please find range free, organic varieties of chicken or beef, etc. Lamb tends to be a free range animal most often although it is most warming.

### Use food and eating as an opportunity to be present.

- Cultivate an awareness of your food beyond the grocery store. Who made your food, where, how and why?
- Choose whole, organic foods as often as possible.
- Choose locally grown food as often as possible.
- Cook according to the concept of flavors, and your individual healing needs.
- Reflect on what you are consuming before and after a meal- both on where it has come from and where you wish it to go.
- Generally, food should be lightly cooked.
- Chew your food at least 50 times for each bite.
- Avoid liquids with a meal, especially cold liquids.
- Relax while preparing, consuming and cleaning up after your meals. When possible share your enjoyment of simple foods with others.

## III. The Five Flavors and Their Uses

- Use the five flavors with balance.
- Generally the sweet flavor should be the prominent one in the diet. However this refers to the natural sweetness of whole grains and vegetables not that provided by sweeteners.
- The flavors should be balanced with the temperatures required. Colder people should incorporate warming foods and hotter people should incorporate cooler foods.

**Pungent-** includes spicy, hot and aromatic foods

FOODS: WARM- spearmint, rosemary, scallion, garlic, all onions, cinnamon, cloves, ginger, black pepper, hot peppers, cayenne, fennel, anise, dill, mustard greens, horseradish, basil, nutmeg COOL- peppermint, marjoram, elder flowers, white pepper, and radish (daikon) NEUTRAL- taro, turnip, kohlrabi

CAUTIONS: Use the warm pungent foods cautiously in cases involving heat as they can deplete the yin.

**Salty** FOODS: sea salt, seaweed, barley, millet, soy sauce, miso, pickles, umeboshi, gomasio.

CAUTIONS: Overused leading to obesity, high blood pressure, lethargy and edema. To be used sparingly by those with damp conditions.

**Sour** FOODS: hawthorn berry, blackberry, huckleberry, raspberry, lemon, lime, pickles, rose hip, sauerkraut, sour apples, sour plum, vinegar, leeks, adzuki beans, cheese, mango, grapes, olives, sourdough breads, tangerine, tomato, yogurt

CAUTIONS: Used sparingly in cases of dampness or stagnation, or other types of constriction including constipation or rigidity of the muscles and connective tissues.

**Bitter** FOODS: alfalfa, bitter melon, romaine lettuce, rye, citrus peel, radish leaf, scallion, turnip, white pepper, amaranth, asparagus, celery, lettuce, papaya, quinoa, vinegar

CAUTIONS: Not to be used in cases of dryness or yin deficiency.

**Sweet** FOODS: all grains, beans, meats, nuts, sweeteners and dairy products, as well as apple, apricot, cherry, date, fig, grape, grapefruit, olive, papaya, peach, pear, strawberry, tomato, beet, button mushroom, cabbage, carrot, celery, chard, cucumber, eggplant, kudzu, lettuce, potato, shitake, spearmint, squash, sweet potato and yam.

CAUTIONS: Highly abused with refined sugars in the American diet, leading to excess dampness, mucus, and obesity. Should be taken in the form of whole grains and chewed thoroughly to introduce the yang energy needed for digestion.