

FEBRUARY DIET TIPS

For the Northern Hemisphere



Vata Dosha
Air and Ether



Gunās
(qualities)
cold, dry, light,
mobile

Balance with the
tastes of **sweet, sour,
salty**, and a little
pungent.



PRE-MEAL STIMULANT

Enjoy some ginger sliced up into dime sized pieces, sprinkle a little rock salt on them, and a squeeze of lemon or lime. Enjoy a couple pieces before your meal to boost your digestion.



| QUICK DIET TIPS | FAVOR |
|---------------------------|--|
| Tastes | sweet, salty, sour and a little pungent |
| Temperature & Consistency | warm and grounding (enjoy stews and soups) |
| Grains | heavy grains like wheat, oats, wild rice |
| Veggies | root veggies and hearty winter greens marinated and cooked in oil/ghee |
| Dairy, fats, oils | heavy fats and oils like butter, cold milk, olive oil, sesame oil, avocado oil, ghee, yogurt, goat cheese, kefir, sour cream |
| Ferments | enjoy sauerkraut, kimchi, pickles, pickled garlic |
| Nuts and Seeds | all nuts especially heartier nuts like almonds, brazil nuts, walnuts, cashews, etc |
| Fruits | dates, peaches, avocados, berries (warmed fruit), lemons, limes |
| Proteins | heavier proteins beef, chicken, duck, etc. |

