

JULY DIET TIPS

For the Northern Hemisphere



Pitta Dosha
Fire and water

General Tips:

Cultivate a mindset, lifestyle, and diet that is cool, calm, moist, and nourishing.

Balance with sweet, bitter, astringent, cold, heavy, or oily.

Eat less spicy, sour, salty, hot, light, or dry.



STAY HYDRATED

Sip cool or room temperature water throughout the day and add in cucumber, watermelon, or sip on coconut water for electrolytes. These have a diuretic quality, so if you feel dry, add in sweeter fruits like peaches, nectarines, pomegranates, and cranberries.



Too much fire element can incinerate your food making it easy to get malnourished. Be sure to add in some nourishing roots and nuts like sweet potatoes, yams, carrots, cashews, and soaked and peeled almonds to your diet.

QUICK DIET TIPS	FAVOR
Tastes	Bitter, astringent, and sweet with cold, heavy (nourishing) or oily qualities.
Grains	Grains like barley and rice are great in July. You may also enjoy oats, rye or wheat.
Dairy, fats, oils	Oils like coconut, olive, and avocado. Ghee, milk, and rice/soy milk.
Beverages	Dandelion, hibiscus, and mint teas. Room temperature water.
Sweeteners	Maple syrup, raw sugar, coconut sugar.
Spices	Fresh basil, cardamom, coriander, dill, fennel, mint, neem leaves, orange peel, parsley, peppermint, tarragon, saffron
Nuts and Seeds	Nuts like coconut, pumpkin, pine, and sunflower, soaked flax seeds, soaked chia seeds, soaked and peeled almonds.
Fruits	Apples, apricots, berries, melons, ripe cherries, cranberries, grapes, mangoes, peaches, pears, persimmons, pineapple, plums, pomegranates.
Proteins	Fish, egg whites, tofu, tempeh, adzuki, black gram, fava, garbanzo, mung, split pea, tofu
Oils	Sandalwood, rose, jasmine, mint, lavender, fennel, and chamomile.

