

# OCTOBER DIET TIPS

For the Northern Hemisphere



Vata Dosha  
Air and Ether

## GUNAS

Dry (ruksha)  
Light (laghu)  
Cold (shita)  
Rough (khara)  
Subtle (sukshma)  
Mobile (chala)

Balance the gunas of vata with nourishing food and routines. Enjoy foods and activities that are warm, moist, and grounding. The sweet, sour, and salty tastes.



## KEEP IT WARM & LUBED UP

Swap out salads for soups. Raw veggies for cooked veggies sautéed generously in good oil like ghee or coconut oil. Enjoy stews and crock pot meals, these are easier on your digestion. Swap out cold drinks for warm drinks. Oil your orifices and your skin with daily massage.

Enjoy more comfort foods to help build insulation in the body. Heavier root veggies, heavier root grains, and overall more good, healthy fat. This insulation will keep you warm and support your immunity through winter.



QUICK DIET TIPS	FAVOR
Tastes	Reduce the astringent (drying) taste and increase sweet, sour, and salty tastes. Warm, oily,
Grains	Rice, brown rice, oats, wheat, quinoa, sprouted wheat bread, durham flour
Dairy, fats, oils	Butter, buttermilk, goat milk, cheese, cottage cheese, cream, ghee, kefir, milk (not cold), sour cream, yogurt. Almond oil, ghee, olive oil, peanut oil, safflower oil, sesame oil, coconut butter.
Beverages	Warm beverages. Cinnamon water for circulation. Tulsi tea or nutmeg milk to calm vata nerves. <u>Building ojas tonic</u> . <u>Golden Milk</u> . <u>Warm</u> , spiced teas.
Sweeteners	barley malt, fruit juice concentrates, honey, jaggery, turbinado (raw sugar, sugar in the raw) sugar cane juice, molasses, rice syrup
Spices	allspice, anise, asafoetida, basil, bay, black pepper, cardamom, cinnamon, clove, cumin, dill, garlic, ginger, mustard, nutmeg, oregano, paprika, parsley, rosemary, saffron, turmeric
Nuts and Seeds	blanched and peeled almonds, sunflower seeds, pumpkin seeds, coconut, cashews, chestnuts, chia seeds, flax, hazlenut, hemp seeds, pine nuts, poppy seeds, sesame seeds
Fruits	apples, avocados, bananas, dates, figs, grapefruit, grapes, lemons, limes, mangoes, oranges, papayas, soaked prunes, soaked raisins, tangerines
Proteins	Beef, buffalo, chicken, crab, duck, eggs, fish, lobster, oysters, mussels, clams, shrimp, turkey, venison, kidney beans, miso, mung, toor dal, urad dal, small lentils and beans are preferred
Oils	lavendar, clary sage, palo santo, cedar wood