

AYURVEDIC PRINCIPLES FOR EATING

1. Eat a wide variety of foods
 - Try to include all 6 tastes
 - Extensive, natural pharmacy in foods
2. Listen to your body's signals of hunger & fullness
 - Your appetite is your ally
 - You don't go to the gas station when your fuel tank is half full (avoid grazing)
 - Use food to fill your empty stomach, not your heart (fill heart in other ways)
4. If not delicious, it's not nourishing you
 - Delicious food nourishes body, mind, soul
 - You do not need to sacrifice delicious meals for good health
 - Your food should cause you to salivate or don't eat it
 - Include family favorites
5. Favor foods that are natural & vital
 - Recently harvested
 - Locally grown
 - Organic – filled with prana/chi & highest quality health-promoting nutrients
 - Reduce: frozen, leftover, highly processed, microwavable, canned (reduce free radicals)
6. Use herbs & spices to satisfy tastes and make food more digestible. Consider cumin, coriander, fennel, ginger, turmeric, cardamom, cinnamon, cloves, black mustard seeds, saffron, black pepper.
7. Eat with awareness (body/mind connection)
 - Ayurvedic principle: How you eat is as important as what you eat
 - Savor food through all 5 senses (touch, taste, smell sight, sound). A healthy meal nourishes all the senses. Ask, "Am I being nourished by all my senses when I sit down to eat?"
 - Re-consider eating while watching TV, reading, on the run, in your car, in front of the computer, or while upset.