

# 8 Tips for Healthy Springtime Eating

In the spring metabolism naturally raises. One should cleanse from the fatty and heavy foods that were consumed in the winter. Spring is the time to have a lighter diet, the lightest of the year.

1. Eat: young plants, fresh greens, sprouts, immature wheat and other cereal type grasses.
2. Don't Eat: Salty foods (Soy sauce, miso, sodium rich food –ie bacon)
3. Consume combinations of Sweet & Pungent Foods, Traditional Chinese Medicine believes this “Renews the Spring Within”. Mix very little sweetener with pungent herbs. For example, Honey Mint Tea. Make additional combinations from the following lists:
  - a. Pungent cooking herbs: Basil, fennel, marjoram, rosemary, caraway, dill, bay leaf...
  - b. Sweet: Grains, legumes, seeds, young beets, carrots, and other starchy sweet vegetables
4. Cook foods for shorter periods of time, the inner part of vegetables should not be completely cooked/soft.
  - a. Cooking with Oil should be quick: saute/stir fry
  - b. Cooking with water: steam/minimal simmer
5. RAW FOODS! Springtime is perfect for enjoying: Sprouted grains, Beans, Seeds, Fresh vegetables, Fruits
6. Springtime is a time to support and cleanse the liver. Incorporate the following nutritious foods into your diet to awaken the liver out of stagnancy:
  - a. Mildly Pungent Foods: Beets Taro root, Sweet rice, Amasake, Strawberry, Peach, Cherry, Chestnut, Pine nut, Cabbage, Turnip Root, Kolhrabi, Cauliflower, Broccoli, Brussels Sprouts
  - b. Moderately Pungent Foods Spices and Herbs: Watercress, All members of the onion family, Mustard greens, Turmeric, Basic, Bay leaf, Cardamom, Marjoram, Cumin, Fennel, Dill, Ginger, Black , Pepper, Horseradish, Rosemary, Various mints, Lemon balm, Angelica Root, Prickly ash bark
7. Consume the following nutritious foods to detoxify the liver from all of those holiday cocktails:
  - a. Mung beans and their sprouts, Celery, Seaweeds, Lettuce, Cucumber, Watercress, Tofu, Millet, Plum, Mushrooms, Rhubarb root or stem, Radish, Daikon radish
8. One more list for the liver, **Foods which accelerate liver rejuvenation**
  - a. Wheat or barley grass juice powders, spirulina, wild blue-green and chlorella.
  - b. Parsley, Kale, watercress, alfalfa and collard greens
  - c. Fresh milk of goats, cows or sheep
  - d. Soup containing liver from organically raised livestock (sheep, beef or chicken)

Source: Healing with Whole Foods, by Paul Pitchford