

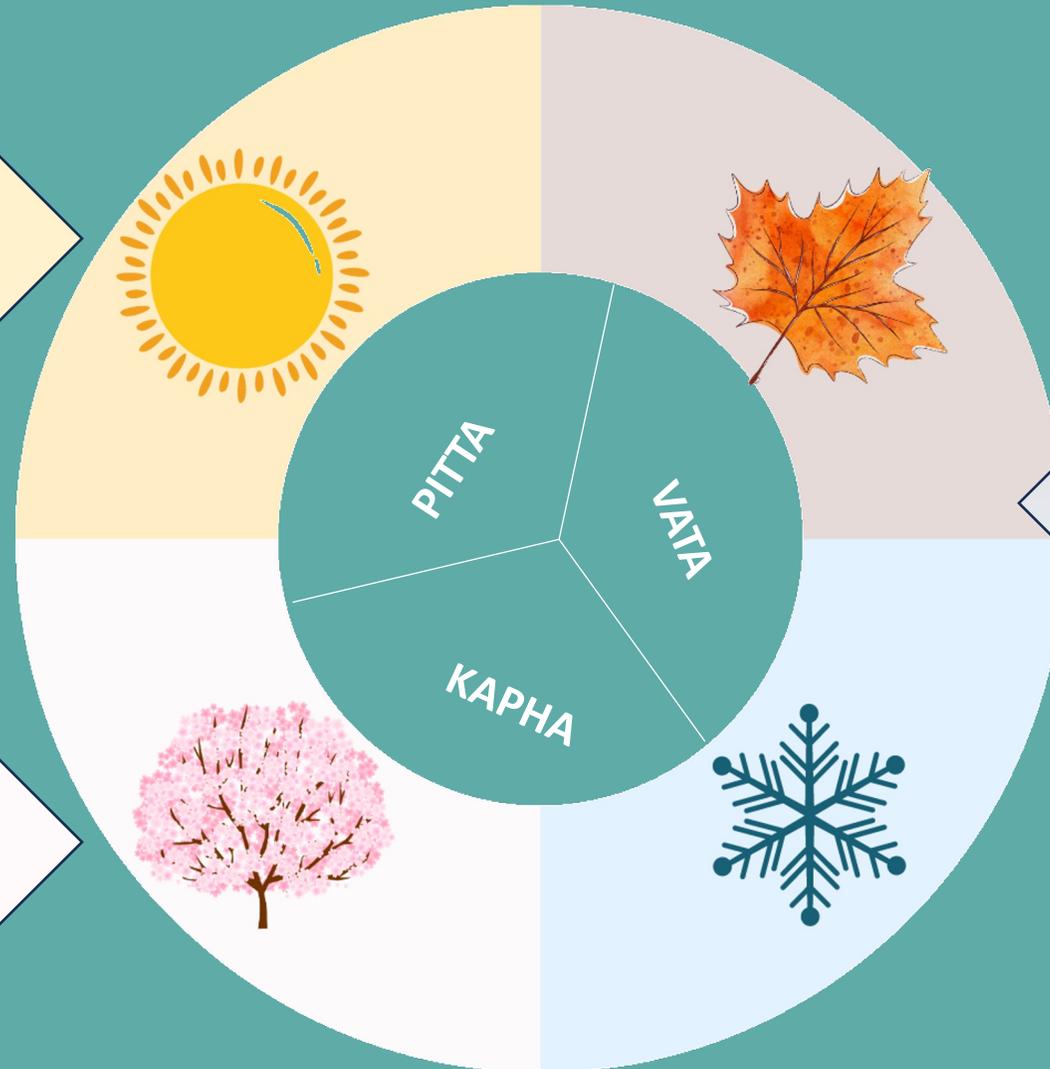
# Seasonal variation of Agni

- Low digestive power
- Lower energy levels
- Body tends to heat

- ✓ COOL, MOIST and LIGHT foods
- ✓ Sweet; Bitter and Astringent in moderation

- Low digestive power
- Sensitivity to pollen
- Mucus activity

- ✓ DRY and LIGHT foods
- ✓ Bitter, Astringent, Pungent



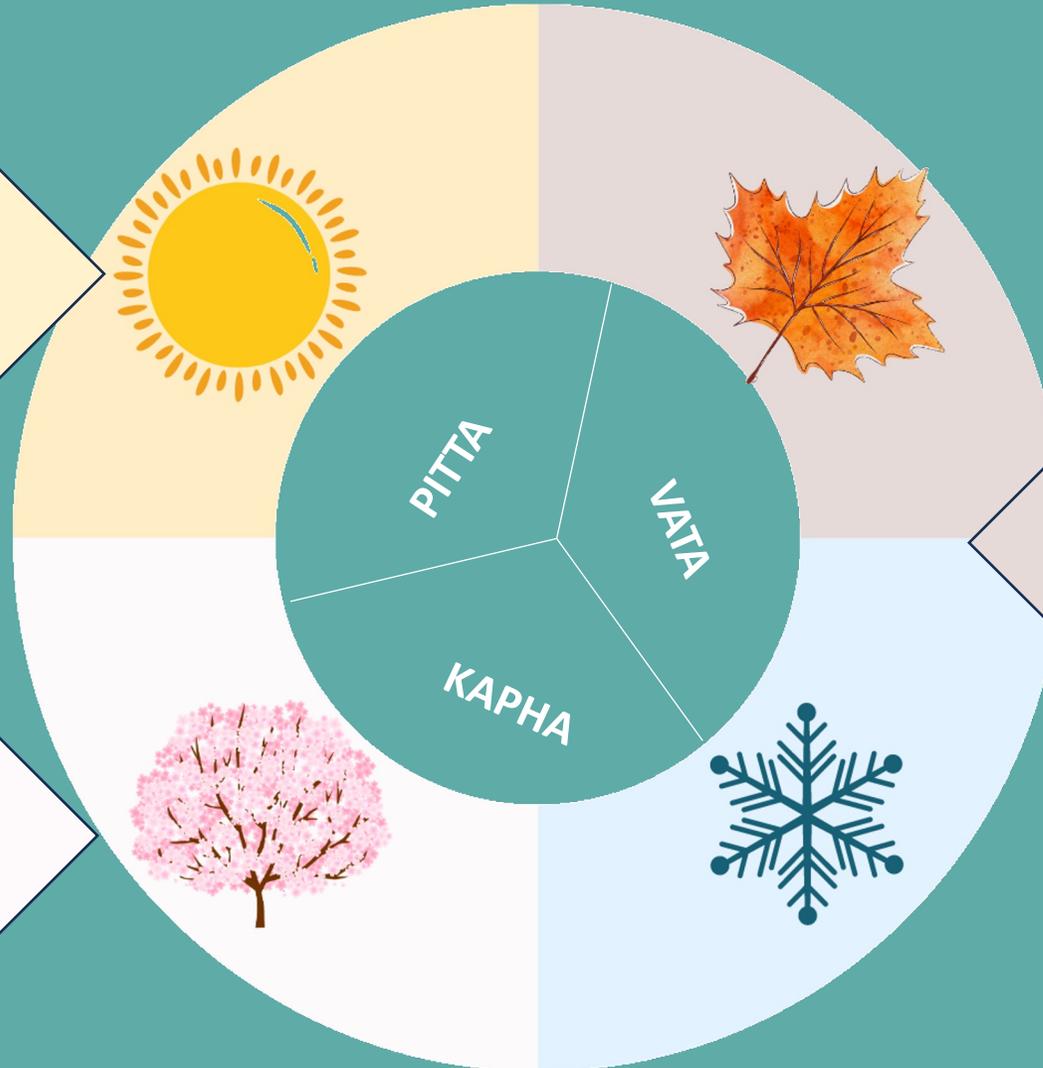
- Strong digestion
- Viral infections
- Body tends to get dry

- ✓ HOT, MOIST and HEAVY foods
- ✓ Sour, Salty, Sweet

# Eating for the season

- Sweet fruit and juices
- Coconut water
- White rice
- Squashy veggies
- Cilantro, mint, cumin
- White meat
- Red and green lentils

- Brown rice, millets, buckwheat, rye
- Dark leafy veggies
- Coffee and tea
- Honey
- Red and green lentils
- Spice!



- Brown rice, wheat
- Cooked, spiced veggies
- Fermented foods
- Good fats, Avocado
- Alcohol (in moderation)
- Non-pungent spices
- Red meat