

The six tastes

Sweet

Sour

Salty

Pungent

Bitter

Astringent



Sweet taste examples



Grains



Fats



Ripe Fruit



Meats

Sour taste examples: acids



Citrus fruit



Fermented
foods



Tomato



Yogurt

Pungent taste examples



Hot peppers



Ginger



Some spices



Radish, raw
onion

Bitter taste examples



Green leafy
vegetables



Bitter melon



Coffee/tea



Turmeric

Astringent taste examples



Lentils and
beans



Some fruit

Pomegranate,
apple, pear,
persimmon



Honey



Green tea