

The Six Tastes

In her infinite wisdom, Nature has packaged all possible food sources into six tastes as a way to inform us about each food's influence on our mind and physiology. All six tastes should be eaten at every meal for us to feel satisfied and to ensure that all major food groups and nutrients are represented.

Sweet – The Taste of Energy

Sources: proteins, carbohydrates, fats

Function: most nutritive, builds tissues

Examples: grains, dairy, breads, pasta, starchy vegetables, fruits, nuts, oils, sugar, honey, animal products

Elements: water and earth

Greatest volume of a usual diet

Sour – The Taste of Acid

Sources: organic acids

Function: promotes appetite and digestion

Examples: citrus fruits, sour fruits, tomatoes, yogurt, cheese, pickles, vinegar, alcohol

Elements: earth and fire

Favor non-fermented sources

Salty – The Taste of the Ocean

Sources: mineral salts, ocean

Function: mildly laxative, sedating, promotes digestion

Examples: salt, seafood, sauces, meat

Elements: water and fire

Use in small amounts

Pungent – The Taste of Digestive Fire

Sources: essential oils

Function: stimulates digestion, clears congestion, detoxifying

Examples: hot peppers, ginger, salsa, radishes, mustard, cloves, thyme, basil

Elements: air and fire

Awakens the digestive fire (Agni)

Bitter – The Taste of Concentrated Nutritional Information

Sources: alkaloids, glycosides

Function: anti-inflammatory, detoxifying

Examples: green and yellow vegetables, green leafy vegetables, turmeric, aloe vera

Elements: air and space

Medicinal qualities

Astringent – The Taste of Concentration

Sources: tannins, fiber

Function: healing, compacting, drying

Examples: beans, legumes, lentils, pomegranates, cranberries, tea, dark greens

Elements: air and earth

Most lacking from average Western diet

Note: Most foods have more than just one taste!

The Six Tastes

Sweet	Sweet	Sour	Salty	Pungent	Bitter	Astringent
Fruits	Vegetables	Alcohol	Braggs	Alcohol	Aloe Vera	Apples *
Almonds	Artichokes	Apricots *	Celery *	Asafetida	Almonds *	Artichoke *
Apples	Asparagus	Berries	Garlic	Basil	Spinach	Asparagus
Apricots	Avocado *	Caraway	Meats	Bay Leaves	Asparagus	Avocado
Banana	Beets	Cheese	Ocean Fish	Caraway	Bitter Melon	Banana *
Berries	Bell Pepper	Cherries *	Sea Veggies	Cayenne	Chamomile	Barley *
Cherries	Carrots	Cottage Ch	Salt	Chamomile	Chard	Bell Peppers
Coconut	Celery *	Cranberry	Soy Sauce	Cloves	Coffee	Berries
Dates	Cooked Onions	Grapefruit	Tamari	Coffee	Eggplant *	Black Beans
Figs	Corn	Green apples		Eggplant	Greens	Broccoli
Filberts	Cucumber	Green Grapes		Fennel	Kale	Brussels Spts
Guava	Green Beans	Kefir Cheese		Fenugreek	Lime *	Buckwheat
Mango	Mushrooms	Lemon		Garbanzo	Mustard Grn *	Cabbage Fam
Melons	Okra	Lime		Garlic	Rosemary	Carrots *
Oranges	Potato *	Oranges		Ginger	Sesame Seed	Cauliflower
Purple Grapes	Pumpkin	Oregano		Hot Peppers	Tea	Celery
Papaya	Sprouts *	Papaya *		Marjoram	Turmeric	Cilantro
Peaches	Squash	Pickles		Mustard Grn	Yellow Veggies	Corn
Pears	Sweet Potato	Pineapple *		Mustard Oil		Cranberry
Persimmons	Tomato, Yellow	Plums *		Nutmeg *		Cucumber *
Pineapple	Grains	Sour Cream		Onions Raw		Dark Greens
Plums	Barley	Strawberry		Parsley		Dill
Pomegranate	Buckwheat *	Tomatoes		Pepper		Eggplant *
Strawberry	Millet	Vinegar		Pumpkin Seeds		Figs *
Tangerine	Oats	Yogurt *		Radish		Fresh Fish
Nuts/Seeds	Rice			Rosemary		Green Beans
Brazil Nuts	Wheat			Spinach		Kidney Beans
Cardamom	Legumes			Thyme		Legumes
Cashews	Black Beans			Turmeric		Lemon *
Macadamia	Fava Beans			Turnips		Lettuce
Nutmeg	Lentils *					Lima Beans
Pecan	Lima Beans					Most Nuts
Pine Nuts	Mung Beans					Mung Beans
Pistachio	Navy Beans					Mushrooms
Poppy Seeds	Peanuts					Nutmeg *
Pumpkin Seeds	Soy/Tofu					Okra
Sesame Seeds	Split Peas					Oregano *
Sunflower Seeds	Dairy					Parsley
Walnuts	Milk					Peaches *
Herb/Spices	Butter					Pears *
Cilantro	Ghee					Peas
Cinnamon	Ice Cream					Plums *
Dill	Yogurt					Pomegranate
Fennel	Other					Potato
Mint	All Oils					Radish *
Sweet Spices	Breads					Rice *
	Eggs					Sea Veggies *
	Fish					Sesame Seeds
	Grains					Soy/Tofu
	Honey					Spinach *
	Meats					Split Pea
	Pasta					Sprouts
	Sugar					Squash
						Strawberry
						Tea
						Turmeric
						Wheat
						Zucchini

* Secondary Tastes