

Six Tastes

All foods contain one more more of the six tastes. Each of the tastes are composed of two of the five elements: space, air, fire, water and earth. Understanding the tastes gives us access to the subtle affects of the foods we are eating. No more referring to endless lists! Trust your own taste - that's what you have it for.

Six Tastes	Elements	Common Foods	Sattvic Choices
Sweet	earth & water	sweet foods in general, grains, bread, pasta, oil, milk, fat	whole, unprocessed grains, ghee, milk (consumed properly)
Sour	earth & fire	tomatoes, vinegar, cheese, yogurt, citrus, pickles	lemons & limes, sweet oranges
Salty	water & fire	salt, miso, soy sauce, tamari, cheese	sea salt
Pungent	fire & air	hot & spicy foods in general, chilis, onions, garlic, ginger, cayenne, radishes	ginger
Bitter	air & ether	dark leafy green vegetables, tumeric, zucchini, eggplant	fresh, dark green vegetables
Astringent	air & earth	legumes, poultry, apples, broccoli, potatoes, asparagus, quinoa, raw fruits & vegetables	mung beans, fresh organic fruits (skin on)

All 6 tastes should be represented at each meal. You can emphasize certain tastes to facilitate balance according to your dosha or the season. Emphasizing the Sattvic choices, and having enough sweet taste in general, is soooo important for creating ojas, the juicy good stuff that creates resiliency and the glow of health.

	Balancing	Imbalances
Vata	sweet, sour and salty	pungent, bitter, astringent
Pitta	sweet, bitter, astringent	pungent, sour, salty
Kapha	pungent, bitter, astringent	sweet, sour, salty

So you might notice that the most common cravings are 'balancing' to Vata! Does this mean that we can unleash our desire for ice cream, cheese and potato chips?? No, but we can use these cravings as a signal to address our underlying imbalances. We should make more *sattvic* food choices and put our attention on balancing Vata dosha in general. Apply the same principle towards the 'bitter' in chocolate.