

Winter Grocery list and Seasonal Eating Guide

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M - If winter is mild for you or if you live in a tropical area, have these vegetables/fruits. If you have a harsh winter, save those for Spring.

** denotes the food is a winter superfood.*

Choose local, organic and Non- GMO variety of all possible foods.

Fruits

Fruits should never be combined with the main meal, or be ground into juice or smoothies. Have fruit by itself as a snack.

- Banana
- Tangerine *
- Persimmon
- Dates *
- Figs
- Tomato (yes, tomato is a fruit)
- Oranges *
- Grapefruit *
- Lemon
- Lime
- Pomegranate *
- Berries (if you have a mild winter and live in tropical area)

Avoid grapes, mango, water melon, cantaloupe, cherries, plums and peaches during winter.

Cooking oils

Coconut oil is suitable for mild winter and if you traditionally cook with it.

- Sesame oil *
- Ghee *
- Avocado oil *
- Mustard oil *

Always avoid refined oils like sunflower oil, canola oil, corn oil, soybean oil/vegetable oil and rice bran oil.

Vegetables

Go for the vegetables that grow near you and not around the globe. Visit a farmer's market or a farm near you.

Cook these vegetables into a stir fry or any local recipe of your region.

- Avocado
- Pumpkin *
- Squash
- Ash gourd/Winter melon *
- Peas
- Brussel sprouts
- Onion
- Carrot

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- Okra/Ladies finger
- Yucca/Tapioca
- Potato (Go for Organic variety)
- Taro root/Chembu/Arbi *
- Chinese potato/Koorka *
- Arrow root/ Koova *
- Purple yam/Kaavithu *
- Elephant yam/Chena *
- Plantain
- Turnip
- Radish *
- Sweet potato
- Corn (Over 93% of Corn in the US is Genetically modified. Choose Organic , non gmo variety)
- Mustard Greens *
- Flat beans/ Avarakka
- Methi/Fenugreek leaves
- Spinach (M)
- Dill leaves (M)
- Cabbage (M)
- Cauliflower (M)
- Bell Peppers (M)
- Garlic
- Ginger *

Avoid bitter gourd, raw greens, salads and cucumbers.

Grains

- Rice
 - Wheat *
 - Amaranth *
 - Corn (Choose only organic non gmo variety)
 - Finger millet/Ragi (cooked with ghee or milk)
 - Little millet / Samai/ Chama
 - Buckwheat *
 - Pearl millet/Bajra /Kambu *
- Avoid Jowar/Sorghum and Thinai/Foxtail millet during winter.

Pulses/Legumes

Most pulses and legumes are good for winter as long as they are soaked and cooked well. Soak the pulse for 6-8 hours in water and discard the water. Cook it generously with spices and pair with rice/Wheat/any grain.

If your tummy finds it difficult to tolerate pulses, go for the split and husked variety. (for eg : yellow moong dal instead of green moong)

Nuts + seeds

- Almonds

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- Flax seeds *
- Brazil nuts
- Sesame *
- Cashew (Fall/early winter)
- Garden cress seeds/Aserio/Aliv
- Coconut
- Pistachio
- Walnuts
- Pecan

Spices

Be generous with spices in your winter diet. It is important to temper spices over food. They regulate your digestive fire and keep your immunity higher. **Small amounts of home-made pickles or preserves** that does not contain Class ii preservatives or additives are good to be a part of winter diet.

Jaggery and honey are warming and good for winter. *Honey should never be mixed with any food that is above 40C or 104F.*

- Pepper *
- Ginger *
- Nutmeg
- Saffron
- Cinnamon *
- Cardamom
- Fennel
- Dill *
- Cumin
- Turmeric *
- Mustard
- Coriander
- Clove

Raw/ Unpasteurized, Grass-fed dairy

- Ghee *
- Milk
- Yogurt/Buttermilk
- Cottage cheese/Paneer
- Cheese

Meat

Most meats are good for winter as long as they are under 20% of your weekly diet.

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