



## **SP Diet**

Ancient Chinese wisdom providing insight into easy to digest foods.

### **Foods and Practices to Favour:**

- Yellow/orange colour: millet, corn, carrots, cabbage, chick peas, soybeans (tempeh is a great choice), squash, potatoes, yam, rice, amaranth, chestnuts, hazelnuts, apricots, cantaloupe, rutabaga, parsnip, pumpkin
  - Notice here that a key flavour is sweet and complex carbohydrates are a good choice. Sweet does not equal candy! (Sugar depletes the digestive organs....think diabetes... if you eat enough sugar for long enough you completely deplete your pancreas and end up needing insulin)
  - Sweet options: molasses, cherries (Bernard Jensen has a killer black cherry syrup that is awesome for sweetening), dates, honey, maple syrup
- Pungent flavour: onion, leek, black pepper, ginger, cinnamon, fennel, garlic, nutmeg
- Sing while you cook and any other time of day! It supports digestion :)
- Small amounts of animal protein: cold water fish, beef, beef liver (home-made pate is SO good and so easy), turkey, lamb, chicken
- No dairy, except butter.
- Chewing is seriously important! Sit down. Smell your food. Look at the colours. Notice the salivation building in the mouth. Do a couple breaths right into the belly and release with an open mouth. Chew thoroughly and enjoy what you are eating. Properly prepared and enjoyed food is deeply healing to the digestion.
- Always sit down to eat. Take a minute to settle into your seat. Give gratitude to the food in front of you and everything and everyone that made that meal possible. Give yourself permission to let go of worry and be nourished by the food. Give yourself permission to take the time to eat slowly and with intention. Notice how delicious these incredible foods

are! Aren't they amazing! Can't you feel their aliveness?! Gently breathe while you are eating. There is no where else to be right now. Just enjoy this meal, because it is a gift!

- Having the privilege to engage with your food and understand how to feed yourself well is worth taking note of. There is a level of responsibility that comes with it, but with time you'll find the rewards are invaluable.
- Eat food like your ancestors. Explore your family's historical food preparation methods- there is wisdom there.

### **Foods and Practices to Avoid:**

- Excessive raw foods. Use raw foods as a garnish only. Stick to steamed, sautéed, roasted and baked foods.
- Food should be room temp or warmer... No food straight out of fridge and no frozen food at all.. Cold food is very hard on the digestion. Examples: no popsicles, ice cream or smoothies (We know... terrible. There will be more flexibility down the road).
- Citrus fruits.
- Sprouts.
- Cooling foods: tomato, spinach, chard, tofu, cucumber.
- Dairy. Raw goat's milk products are the best choice if you need to pick one.
- Large meals. Try smaller and more frequent.
- Only small amounts of nuts/seeds/oils. These are moistening and can lead to dampness. Spleen weakness + damp = poor digestion.
- Refined, processed, stale, rotten
- Late-night eating.
- Overeating.
- Deep fried foods (too hard on liver, pancreas and gallbladder). Again, very damp.
- Shellfish (live deep in the ocean, they are very cold!).

References

Pitchford, P. (2002). *Healing with whole foods: Asian traditions and modern nutrition*. North Atlantic Books: Berkley, CA, USA.