

| Summer Foods~ Pitta Reducing | | | |
|-------------------------------------|-------------------|--------------------|-------------------|
| Fruits | Vegetables | Dairy (min) | |
| apples | acorn squash | butter | |
| apricots | artichokes | cheese (soft) | |
| bananas | asparagus | ghee | |
| blueberries | avocados | ice cream | |
| melon | bell pepper | milk | |
| cherries | bitter melon | non-dairy milk | |
| coconut | broccoli | | |
| cranberries | cabbage | Meat/Fish | |
| pomegranate | cauliflower | beef | |
| dates | celery | chicken | |
| dried | chard | crab/shrimp | |
| figs | chicory | duck | |
| grapes | cilantro | egg | |
| guava | corn | freshwater fish | |
| mango | dandelions | lamb | |
| nectarine | eggplant | turkey | |
| orange (sweet) | endive | | |
| papaya | fennel | Legumes | |
| peach | green beans | adzuki | |
| pear | greens | fava | |
| persimmon | jicama | garbanzo | |
| pineapple | kale | kidneys | |
| plum | lettuce | lentils | |
| pomegranate | mushrooms | lima | |
| raspberry | okra | mung | |
| strawberry | peas | split peas | |
| tangerine(sweet) | potatoes | tofu | |
| | pumpkin | | |
| Grain | radishes | | |
| | seaweed | Condiments | |
| barley | spinach (min) | carob | |
| oats | sprouts | mayonnaise | |
| rice | sweet potato | | |
| rye | tomato (min) | Spices | |
| wheat | turnips | anise | |
| | watercress | asafoetida | |
| Oils | winter squash | cardamom | |
| almond | zucchini | chamomile | |
| avocado | | coriander | |
| coconut | Nuts/Seeds | cumin | |
| flax | almonds | fennel | |
| olive | coconuts | peppermint | |
| soy | flax | saffron | |
| sunflower | macadamia | spearmint | |
| Sweetener | pinenuts | taragon | |
| maple syrup | pumpkin | turmeric | |
| raw sugar | sunflower | vanilla | high quercetin |
| rice syrup | | wintergreen | anti-inflammatory |