



The six tastes shopping list

As you go through the grocery store or prepare a meal, check off as many foods within each of the six tastes as you can.

Note: This list is not intended to be fully comprehensive.



SWEET

- ☐ Apples
- ☐ Apricots
- ☐ Banana
- ☐ Berries
- ☐ Cherries
- ☐ Coconuts
- ☐ Dates
- ☐ Figs
- ☐ Guava
- ☐ Grapes
- ☐ Kiwi
- ☐ Mango
- ☐ Melons
- ☐ Olives
- ☐ Oranges
- ☐ Papayas
- ☐ Peaches
- ☐ Pears
- ☐ Persimmons
- ☐ Pineapples
- ☐ Plums
- ☐ Pomegranates
- ☐ Prunes
- ☐ Raisins
- ☐ Tangerines

SOUR

- ☐ Apricots
- ☐ Berries
- ☐ Cherries
- ☐ Cranberries
- ☐ Grapefruit
- ☐ Green apples
- ☐ Grapes
- ☐ Kiwi
- ☐ Lemon
- ☐ Lime
- ☐ Mango (green)
- ☐ Oranges
- ☐ Papaya
- ☐ Peaches
- ☐ Pineapple
- ☐ Plums
- ☐ Persimmons
- ☐ Pomegranates
- ☐ Raisins
- ☐ Tomatoes
- ☐ Tangerine

SALTY

PUNGENT

BITTER

- ☐ Bitter melons
- ☐ Lime

ASTRINGENT

- ☐ Apples
- ☐ Bananas
- ☐ Berries
- ☐ Cranberries
- ☐ Cherries
- ☐ Figs
- ☐ Kiwi
- ☐ Lemon
- ☐ Mango (green)
- ☐ Peaches
- ☐ Pears
- ☐ Plums
- ☐ Pomegranates
- ☐ Persimmons
- ☐ Purple grapes



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- ☐ Artichokes
- ☐ Asparagus
- ☐ Avocado
- ☐ Beets
- ☐ Bell pepper
- ☐ Carrots
- ☐ Celery
- ☐ Corn
- ☐ Cucumber
- ☐ Green beans
- ☐ Garlic
- ☐ Mushrooms
- ☐ Onions
- ☐ Olives
- ☐ Okra
- ☐ Potato
- ☐ Pumpkin
- ☐ Sprouts
- ☐ Squash
- ☐ Sweet potato
- ☐ Tomato

SOUR

SALTY

- ☐ Celery
- ☐ Sea vegetables

PUNGENT

- ☐ Eggplant
- ☐ Hot peppers
- ☐ Mustard greens
- ☐ Onions
- ☐ Radishes
- ☐ Spinach
- ☐ Turnips

BITTER

- ☐ Asparagus
- ☐ Broccoli
- ☐ Bok choy
- ☐ Collard greens
- ☐ Chard
- ☐ Endive
- ☐ Eggplant
- ☐ Kale
- ☐ Lettuces
- ☐ Mustard greens
- ☐ Spinach
- ☐ Turnips
- ☐ Yellow squash

ASTRINGENT

- ☐ Artichoke
- ☐ Asparagus
- ☐ Avocado
- ☐ Bell peppers
- ☐ Broccoli
- ☐ Brussels sprouts
- ☐ Cabbages
- ☐ Carrots
- ☐ Cauliflower
- ☐ Celery
- ☐ Corn
- ☐ Cucumber
- ☐ Dark greens
- ☐ Eggplant
- ☐ Green beans
- ☐ Lettuce
- ☐ Okra
- ☐ Peas
- ☐ Potatoes
- ☐ Radish
- ☐ Sea vegetables
- ☐ Spinach
- ☐ Split pea
- ☐ Sprouts
- ☐ Squash
- ☐ Turnips
- ☐ Zucchini





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Dairy

- ☐ Butter
- ☐ Ghee
- ☐ Ice cream
- ☐ Milk
- ☐ Yogurt

- ☐ Cheese
- ☐ Kefir cheese
- ☐ Sour cream
- ☐ Yogurt



Herbs & Spices

- ☐ Bay leaf
- ☐ Basil
- ☐ Cloves
- ☐ Cilantro
- ☐ Coriander
- ☐ Cinnamon
- ☐ Cardamom
- ☐ Dill
- ☐ Fennel
- ☐ Mint
- ☐ Nutmeg
- ☐ Rosemary
- ☐ Vanilla

- ☐ Caraway
- ☐ Garlic
- ☐ Oregano
- ☐ Tamarind

- ☐ Garlic
- ☐ Salt

- ☐ Asafoetida
- ☐ Basil
- ☐ Bay leaves
- ☐ Cocoa
- ☐ Caraway
- ☐ Chamomile
- ☐ Cloves
- ☐ Cinnamon
- ☐ Cardamom
- ☐ Cumin
- ☐ Fennel
- ☐ Garlic
- ☐ Ginger
- ☐ Majoram
- ☐ Nutmeg
- ☐ Oregano
- ☐ Parsley
- ☐ Pepper
- ☐ Paprika
- ☐ Rosemary
- ☐ Thyme
- ☐ Turmeric

- ☐ Chamomile
- ☐ Chicory
- ☐ Citrus peel
- ☐ Cumin
- ☐ Cloves
- ☐ Garlic
- ☐ Hops
- ☐ Neem
- ☐ Rosemary
- ☐ Turmeric

- ☐ Bay leaf
- ☐ Basil
- ☐ Cilantro
- ☐ Coriander
- ☐ Dill
- ☐ Garlic
- ☐ Nutmeg
- ☐ Oregano
- ☐ Parsley
- ☐ Turmeric
- ☐ Vanilla



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Legumes

- ☐ Black beans
- ☐ Fava beans
- ☐ Lentils
- ☐ Lima beans
- ☐ Mung beans
- ☐ Navy beans
- ☐ Peanuts
- ☐ Soy/tofu
- ☐ Split peas

- ☐ Soy products

- ☐ Garbanzo

- ☐ All legumes
- ☐ Black beans
- ☐ Kidney beans
- ☐ Lima beans
- ☐ Mung beans
- ☐ Soy
- ☐ Tofu/tempeh



Nuts & Seeds

- ☐ All nuts and seeds

- ☐ Pumpkin seeds

- ☐ Almonds
- ☐ Sesame seeds

- ☐ Macadamia
- ☐ Hazelnut
- ☐ Pecan
- ☐ Pine nut
- ☐ Brazil nut
- ☐ Sesame seeds
- ☐ Sunflower seeds
- ☐ Safflower seeds



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BITTER

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- ☐ Barley
- ☐ Buckwheat
- ☐ Millet
- ☐ Oats
- ☐ Rice
- ☐ Wheat

- ☐ Barley
- ☐ Buckwheat
- ☐ Rice
- ☐ Wheat



- ☐ All oils
- ☐ Breads
- ☐ Chocolate
- ☐ Eggs
- ☐ Fish
- ☐ Grains
- ☐ Honey
- ☐ Meats
- ☐ Pasta
- ☐ Sugar

- ☐ Alcohol
- ☐ Pickles
- ☐ Soy sauce
- ☐ Vinegar

- ☐ Meats
- ☐ Ocean fish
- ☐ Soy sauce
- ☐ Tamari

- ☐ Alcohol
- ☐ Coffee
- ☐ Mustard oil

- ☐ Aloe vera
- ☐ Coffee
- ☐ Dark chocolate
- ☐ Tea

- ☐ Fresh fish
- ☐ Mushrooms
- ☐ Popcorn
- ☐ Red wine
- ☐ Non-herbal tea