

An Ideal Diet

Humors

People were urged to avoid foods that would intensify their existing humors and choose instead from their opposite number. So overheated choleric should favor cold, moist cucumbers and lettuce, while cold, dry melancholics would do better eating lamb and sugar.



*The Phlegmatic I have shame of truth and liberty
But I speak, I sing, and I write as I like.*

PHLEGMATIC TEMPERAMENT

Nature: Cold and moist

Flavor: Insipid/flavorless

Avoid: Cucumbers, lettuce, spinach, fish, pork, veal

Eat: Choleric Foods



*I am bold and hot, and I am dry
I speak, I sing, and I write as I like.*

MELANCHOLIC TEMPERAMENT

Nature: Cold and dry

Flavor: Sour/tart

Avoid: Vinegar, lemons

Eat: Sanguine foods

CHOLERIC TEMPERAMENT

Nature: Hot and dry

Flavor: Bitter/salty

Avoid: Rice, mint, parsley, cloves, capers, rosemary, olives, rabbit, salt, pepper, goat and oxen, garlic, onions

Eat: Phlegmatic foods



*When I am silent, I write my downy songs
I speak, I sing, and I write as I like.*

SANGUINE TEMPERAMENT

Nature: Hot and moist

Flavor: Sweet

Avoid: Basil, sugar, butter, peacocks, lamb

Eat: Melancholic foods



*I am not in my blood and honey with
I speak, I sing, and I write as I like.*