

Dietary recommendations for Dosha

Vata

Balancing Foods

Fruit - Apricots, Avocado, Bananas, Berries, Dates, Fresh Figs, Grapefruit, Grapes, Kiwi, Lemons, Mango, Melon, Oranges, Papaya, Peaches, Pineapple, Plums, Strawberries. Sweet fruits are balancing. No dried fruits.

Vegetables - Artichoke, Asparagus, Beets, Carrots, Cucumber, Green Beans, Leeks, Mustard Greens, Okra, Olives, Onion, Parsnip, Potato, Squash, Watercress, Zucchini. Cooked vegetables are most balancing. Avoid raw vegetables.

Grains - Amaranth, Oats, Rice, Wheat, Wild Rice

Legumes and Nuts - Adzuki beans, Almonds, Black lentils, Brazil Nuts, Cashews, Flax, Hazelnuts, Mung beans, Peanuts, Pecans, Pine Nuts, Pistachios, Pumpkin, Red lentils, Sesame, Soy cheese, Soy milk, Sunflower, Tofu, Walnuts

Meat - Beef (occasionally), Chicken or Turkey (white meat), Duck, Eggs, Freshwater Fish, Seafood, Shrimp

Herbs, Spices, Condiments - Brown Rice Syrup, Honey, Maple Syrup, Molasses, other sweeteners than White Sugar, Allspice, Almond Extract, Anise, Basil, Bay Leaf, Black Pepper, Caraway, Cardamom, Cayenne, Chamomile, Cinnamon, Cloves, Coriander, Coconut, Cottage Cheese, Cumin, Dill, Fennel, Garlic, Ghee, Ginger, Mustard, Nutmeg, Onion, Oregano, Parsley, Peppermint, Poppy Seeds, Rosemary, Sage, Spearmint, Spirulina, Tamarind, Tarragon, Thyme, Pickles, Salt, Seaweed, Soy Sauce, Turmeric, Vanilla

Dairy - Buttermilk, Cow's Milk, Cheese, Goat's Milk, Goat Cheese, Yogurt. All is moderation.

Pitta

Balancing Foods

Fruit - Apples, Avocado, Berries, Dates, Figs, Grapes, Mango, Melons, Pears, Pineapples, Plums, Pomegranate, Prunes, Raisins, Watermelon. Sweet fruits are balancing. Sour fruits are aggravating.

Vegetables - Artichoke, asparagus, bell pepper, broccoli, brussels sprouts, cauliflower, cucumber, celery, green beans, leafy greens, mushrooms, okra, parsley, parsnip, peas, potatoes, squash, sprouts, zucchini. Sweet and bitter vegetables are balancing.

Grains - Barley, Cooked Oats, Basmati Rice, White Rice, Wheat, Wheat Bran, Wheat Granola are balancing. Amaranth, Buckwheat, Millet, Oat granola, Quinoa, Brown Rice and Rye are aggravating.

Legumes and Nuts - All beans except black and red lentils are balancing, such as adzuki beans, chickpeas, kidney beans, soy beans, split peas and tofu. Coconut, psyllium, pumpkin and sunflower are balancing. Almonds, Brazil Nuts, Cashews, Chia, Filberts, Flax, Macadamia Nuts, Peanuts, Pecans, Pine Nuts, Pistachios and Sesame are aggravating.

Meat - Chicken white meat, turkey white meat, egg white, freshwater fish, shrimp (in moderation) are balancing. Beef, egg yolk, duck, lamb, pork, venison and seafood other than shrimp are imbalancing.

Herbs, Spices and Condiments - Maple Syrup, Fruit Juice Concentrate, Barley Syrup, Brown Rice Syrup, and other sweeteners except for honey and molasses, Coconut, Coriander, Cumin, Dill Fennel, Ghee, Mint, Orange Peel, Peppermint, Saffron, Seaweed, Spearmint, Sprouts, Turmeric, Wintergreen are balancing. Chili peppers, Garlic, Ginger, Horseradish, Ketchup, Mustard, Lemon, Mayonnaise, Onions, Pickles, Salt, Sesame Seeds, Soy Sauce and Tamari are aggravating.

Dairy - Butter (unsalted), Cottage Cheese, Mild Soft Cheeses, Ghee, Cow's Milk, Goats Milk are balancing. Salted butter, Buttermilk, Hard Cheese, Feta Cheese, Sour Cream and Yogurt are aggravating.

Kapha

Balancing Foods

Fruit - Apples, Apricots, Berries, Cherries, Cranberries, Dried Figs, Mango, Peaches, Pears, Pomegranate, Prunes, Raisins. Sweet fruits such as bananas and dates are aggravating, as are sour fruits such as lemons, sour oranges and grapefruit.

Kapha

Balancing Foods

Vegetables - Asparagus, Beets, Beet Greens, Bell Pepper, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Eggplant, Garlic, Green Beans, Horseradish, Leafy Greens, Leeks, Lettuce, Mushrooms, Okra, Onions, Parsley, Peas, Peppers, Potatoes, Spinach, Sprouts, Turnips, Watercress. Raw, pungent and bitter vegetables are balancing. Sweet, juicy vegetables are aggravating.

Grains - Amaranth, Barley, Buckwheat, Corn, Granola, Millet, Oats, Oat Bran, Quinoa, Basmati Rice, Rice Cakes, Rye and Wheat Bran are balancing. Cooked Oats, Brown or White Rice, and Wheat are imbalancing.

Legumes and Nuts - Adzuki beans, Black-Eyed Peas, Chickpeas, Flaxseeds, Pumpkin Seeds, Sunflower Seeds, Lima Beans, Navy Beans, Pinto Beans, Red Lentils, Split Peas, White Beans are balancing. Almonds, Brazil Nuts, Cashew, Coconut, Macadamia Nuts, Peanuts, Pecans, Pine Nuts, Pistachios, Psyllium, Sesame, Black lentils, Mung Beans, Kidney Beans, Lentils, Soy Beans, Tempeh, Walnuts and Tofu are imbalancing.

Meat - Chicken dark meat, Turkey dark meat, eggs are balancing. Beef, Duck, Freshwater Fish, Lamb, Pork, Seafood, Shrimp, and Venison are aggravating.

Herbs, Spices and Condiments - allspice, Anise, Basil, Black Pepper, Caraway, Cardamom, Cayenne, Cinnamon, Cloves, Coriander, Cumin, Dill, Fenugreek, Garlic, Ginger, Horseradish, Mint, Mustard Seeds, Nutmeg, Onion, Oregano, Paprika, Parsley, Peppermint, Poppy Seeds, Rosemary, Sage, Spearmint, Star Anise, Tarragon, Thyme, Turmeric, Wintergreen are balancing.

Dairy - Ghee, Goats Milk and Diluted Yogurt (diluted 1:4 yogurt:water) are balancing. Butter, Cheese, Buttermilk, Cow's Milk, Ice Cream, Sour Cream and Yogurt are aggravating.