

AYURVEDIC DIET & LIFESTYLE

WHEN AND HOW TO EAT:

1. Avoid eating foods you are allergic to, or which don't make you feel vital.
2. Eat when hungry, every 3-6 hours on a regular schedule, to allow previous meal to be fully digested.
3. Sit quietly or say food prayer before eating. Eat until you are 2/3 full, not feeling "stuffed."
4. Food and drink should always be warm, not cold.
5. Eat in peaceful surroundings: no television, reading, emotional talking, interruptions.
6. "Walk 100 paces after each meal."
7. The last meal should be taken at least 2 1/2 hours before bed. The last liquid, at least 1 hour before bed.

WHAT TO AVOID:

Cold foods, directly from refrigerator. Leftovers.
Cold, iced, or carbonated **drinks**
Red meat, cheese (cottage cheese ok)
Deep fried food: donuts, chips, oily substances
Fermented food: yogurt, yeasted foods (some breads), vinegar, pickles, soy sauce, beer, tofu, etc.
Frozen food: ice cream, frozen dairy products, frozen vegetables and fruit
Green bananas, apples, fruit juices
Excessively **pungent (spicy)** food, pickles, raw or cooked onion, garlic, ketchup, red/green chilis, cayenne

Raw food (salad only 20% of meal)
Excessive **sour food** and citrus fruits: tomatoes, oranges, kiwi, lemons, grapefruit, mango, papaya, sour berries
Beans: soy, black, pinto, kidney, etc.
Light food: popcorn, rice cakes, sprouts.
Butter . Use ghee or sesame or olive oil instead.
Smoking, caffeine, alcohol, coffee, black tea
Vegetables: Corn, eggplant, potatoes, tomatoes, radishes, cabbage, brussel sprouts.
Dried fruits (raisins & dates ok in moderation)
Misc: Avocados, melons, excessive bitter leafy greens, candy, chocolate

WHAT TO EAT:

Fresh, warm , cooked food, soups
Warm or hot **drinks** (no ice)
Whole **grains**: wheat, rice, amaranth, Oats, oatmeal, barley, Basmati rice, cream of wheat
White **meat** of chicken or turkey, freshwater fish
Green **salad** (not cold)--20% of meal
Spices: Ginger, cumin, coriander, turmeric, hing cardomon, celantro, coconut, Braggs Aminos
Sweetener: Honey, raw sugar, dates, maple
Bread: unyeasted. Chapatis. (Garden of Eatin or whole wheat tortillas).

Fresh vegetables: stir-fried, in soup, baked, or steamed .
Broccoli, summer and winter squash, leafy greens, cauliflower, okra, carrots, beets, peas, sweet potatoes, green beans, spinach, leeks
Sweet fruits: peaches, pears, apricots, ripe bananas, blackberries, sweet grapes, sweet cherries. Cooked fruits.
Nuts: almonds, walnuts, (avoid peanuts, pistachios & cashews)
Beans: mung, lentil, split pea, azuki
Dairy: Whole fresh cow's milk, goat's milk
Oil: Ghee (clarified butter), sesame oil, olive oil

FOR A HEALTHY LIFESTYLE:

Elimination first thing in the morning
Meditation daily
Breathing exercises and Hatha yoga
Massage the body with sesame oil, followed by warm bath or shower
Fast once in ten days from dinner to dinner if recommended by practitioner

Avoid controlling natural urges (elimination, hunger, belching, crying, flatulence, urination, orgasm, etc.)
Reduce hurry, worry and curry (hot spices)
Make time for yourself--one 8-hour period a week of unscheduled time (or two 4 hour periods)

