

Ayurvedic Diet

FOR DOSHAS

BALANCED, SATTWIC

WHAT TO AVOID (or eat less)

WHAT TO EAT (or eat more)

VATA (pungent, bitter, astringent foods)

Cold foods, directly from refrigerator. Leftovers.

Cold, iced, or carbonated **drinks**

Misc: Melons, excessive bitter

leafy greens, candy, chocolate, white sugar

Green bananas, apples, fruit juices

Beans: soy, black, pinto, kidney, etc.

Dried fruits (raisins & dates ok in moderation)

Light food: popcorn, rice cakes, sprouts.

Smoking, caffeine, alcohol, coffee, black tea

Vegetables: Corn, eggplant, potatoes, tomatoes, radishes, cabbage, brussel sprouts.

Raw food (salad only 20% of meal)

Yeasted foods (some breads), beer, tofu, etc

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PITTA (sour, salty, pungent foods)

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, excess salt (use rock salt)

Excessive **sour food** and citrus fruits: tomatoes, oranges, kiwi, lemons, grapefruit, mango, papaya, sour berries

Misc.: candy, chocolate, white sugar, peanuts, pistachios

Smoking, caffeine, alcohol, coffee, black tea

Vegetables: Corn, eggplant, tomatoes,

Butter . Use ghee or sesame or olive oil instead.

KAPHA (sweet, sour, salty foods)

Cold foods, directly from refrigerator. Leftovers.

Frozen food: ice cream, frozen dairy products, frozen vegetables and fruit

Red meat, cheese (cottage cheese ok)

Misc: Avocados, candy, chocolate, fruit juices, white sugar, egg yolks

Smoking, caffeine, alcohol, coffee, black tea, excess salt, melons

Tofu, fats, fried foods, heavy foods

Butter . Use ghee or sesame or olive oil instead. (Less oil & fats in general)

Easy to digest, cooked, fresh foods

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 cardamon, 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 .

Břroccoli, summer and winter squash, leafy greens, cauliflour, 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 (esp. split mung), lentil, split pea, azuki

Dairy: Whole fresh cow's milk, goat's milk

Oil: Ghee (clarified butter), sesame oil, olive oil

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,
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.