**Kapha Food Guide**

To aid in balancing dosha, Ayurveda uses foods categorized by their tastes and qualities. Foods are categorized using the six tastes (sweet, sour, salty, pungent, bitter, astringent) and the qualities of hot/cold, light/heavy, and unctuous/dry. This food list is formulated based on the foods appropriate to balance out the specific dosha. Because all individuals are unique, the list below is meant to be a guide in making proper food choices, to serve as one of the tools to support doshic balance. As with any dietary habits, to receive optimal results use foods that are fresh, seasonal, local, organic and unprocessed.

**Regular Use** (can be consumed on a daily basis)

**Vegetables:**

|  |  |  |  |
| --- | --- | --- | --- |
| Arugula | Carrots | Leeks | Rutabaga |
| Asparagus | Celery | Lettuce | Spinach |
| Beets | Cilantro | Mushrooms | Sprouts |
| Beet greens | Collards | Mustard greens | Tomatoes, cooked |
| Bitter Melon | Eggplant | Okra | Turnips |
| Bok Choy | Green beans | Onion | Turnip greens |
| Broccoli | Horseradish | Parsley | Watercress |
| Brussels sprouts | Jerusalem artichoke | Peas | Wheatgrass |
| Burdock root | Kale | Peppers, sweet/hot |  |
| Cabbage | Kohlrabi | Potatoes, white |  |
| Cauliflower | Landcress  | Radishes |  |

**Fruits:**

|  |  |  |  |
| --- | --- | --- | --- |
| Apples | Cherries | Peaches | Pomegranates |
| Apricots | Cranberries | Pears | Quince |
| Berries | Figs, dried | Persimmon | Raisins |

**Grains:**

|  |  |  |
| --- | --- | --- |
| Barley | Corn | Oats, dry |
| Buckwheat | Millet | Rye  |

**Legumes, Beans, Peas and Soybean Products:**

|  |  |  |  |
| --- | --- | --- | --- |
| Aduki beans | Chickpeas, black/yellow | Navy beans | Toor Dhal |
| Black beans | Lentils, red/green | Pinto beans | White beans |
| Black-eyed peas | Lima beans | Split peas, green/yellow |  |

**Meat and Eggs:**

|  |  |  |  |
| --- | --- | --- | --- |
| Chicken, light meat | Fish, freshwater | Shrimp | Venison |
| Eggs | Rabbit | Turkey, light meat |  |

**Sweeteners:**

|  |  |  |
| --- | --- | --- |
| Agave, raw | Fruit juice concentrates | Honey, raw |

**Herbs, Spices and Flavorings:**

|  |  |  |  |
| --- | --- | --- | --- |
| Ajwan | Coriander | Mace | Pippali |
| Allspice | Cumin | Marjoram | Rosemary |
| Anise | Curry leaves | Mint | Saffron |
| Asafetida | Curry blends | Mustard seeds | Sage  |
| Basil | Dill, leaf or seed | Neem leaves | Spearmint |
| Bay leaf | Eucalyptus | Nutmeg | Star anise |
| Black Pepper | Fenugreek | Onion | Tamarind |
| Caraway | Ginger, dried or fresh | Orange peel | Tarragon |
| Cardamom | Garlic | Oregano | Thyme |
| Cayenne | Garam masala | Paprika | Turmeric |
| Cinnamon | Horseradish | Parsley | Wintergreen |
| Cloves | Hot peppers | Peppermint |  |

**Condiments:**

|  |  |  |  |
| --- | --- | --- | --- |
| Black pepper | Daikon radish | Mango chutney, spicy | Sprouts |
| Chili pepper | Garlic | Onions |  |
| Cilantro | Horseradish | Radishes |  |

**Brews and Beverages:**

|  |  |  |  |
| --- | --- | --- | --- |
| Aloe Vera juice | Black tea, spiced | Chicory brew | Peach nectar |
| Apple cider | Carob drinks | Cranberry juice | Pear juice |
| Apricot juice | Carrot juice | Grape juice | Pomegranate juice |
| Berry juice | Cherry juice | Mixed vegetable juice | Prune juice |

**Herbal Teas** (do not use chamomile if you are allergic to ragweed)**:**

|  |  |  |  |
| --- | --- | --- | --- |
| Ajwan | Cinnamon | Jasmine | Rose flower |
| Alfalfa | Cloves | Lavender | Saffron |
| Bancha | Dandelion | Lemon Balm | Sage |
| Barley | Ginger, fresh & dried | Nettle | Sassafras |
| Basil | Elder flowers | Orange peel | Spearmint |
| Chamomile | Eucalyptus | Pennyroyal | Violet |
| Chicory blends | Hibiscus | Peppermint |  |
| Chrysanthemum | Hops | Raspberry |  |

**Occasional Use** (to be eaten in moderation)

**Vegetables:**

|  |  |  |  |
| --- | --- | --- | --- |
| Artichoke, globe | Parsnips | Plantains | Summer squash (yellow/crookneck/zucchini) |

**Fruits:**

|  |  |  |  |
| --- | --- | --- | --- |
| Grapes | Lemons | Mango | Strawberries |
| Kiwi | Limes | Oranges | Tangerine  |

**Grains:**

|  |  |  |
| --- | --- | --- |
| Amaranth | Basmati rice, white or brown | Quinoa  |

**Processed Grains:**

|  |  |  |  |
| --- | --- | --- | --- |
| Barley cereal & flour | Couscous | Polenta | Tapioca |
| Buckwheat flower | Granola | Rye cereal & flour | Udon noodles |
| Corn grits | Millet cereal & flour | Soba noodles | Wheat bran |
| Cornmeal | Oat bran | Sprouted wheat bread |  |

**Legumes, Beans, Peas and Soybean Products:**

|  |  |  |  |
| --- | --- | --- | --- |
| Mung Dhal | Soy Milk, warm/spiced | Tofu, cooked | Urad Dhal  |

**Nuts and Seeds:**

|  |  |  |
| --- | --- | --- |
| Chia seed | Popped corn, unsalted, dry | Pumpkin seeds, roasted |
| Flax seed | Poppy seeds | Sunflower seeds, roasted |

**Dairy:**

|  |  |  |  |
| --- | --- | --- | --- |
| Ghee | Goats cheese, skim/unsalted | Goats milk, skim | Yogurt, diluted/spiced |

**Oils:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Almond | Corn | Ghee | Mustard | Sunflower  |

**Herbs, Spices and Flavorings:**

|  |  |
| --- | --- |
| Fennel | Vanilla  |

**Condiments:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Ketchup | Lemon juice | Mint leaves | Mustard, non-vinegar | Wasabi  |

**Brews and Beverages:**

|  |  |  |  |
| --- | --- | --- | --- |
| Alcoholic drinks | Caffeinated drinks | Mango juice | Yogurt, diluted/spiced |
| Almond milk | Chai | Pineapple juice |  |
| Apple juice | Coffee | Soy milk, warm/spiced |  |

**Herbal Teas:**

|  |  |  |  |
| --- | --- | --- | --- |
| Borage | Fennel | Lotus | Rosehip |
| Burdock | Ginseng | Marshmallow |  |
| Comfrey | Hyssop | Oat Straw |  |

**Infrequent Use** (to be consumed rarely or not at all)

**Vegetables:**

|  |  |  |  |
| --- | --- | --- | --- |
| Cucumber  | Potatoes, sweet | Rutabaga | Tomatoes, raw |
| Olives, black & green | Pumpkin  | Taro root | Winter squash (butternut/acorn) |

**Seaweeds:**

|  |  |  |  |
| --- | --- | --- | --- |
| Agar-agar | Dulse | Kelp | Seaware |
| Arame | Hijiki | Kombu | Wakame  |

**Fruits:**

|  |  |  |  |
| --- | --- | --- | --- |
| Avocado | Figs, fresh | Pineapple | Tamarind |
| Bananas | Grapefruit | Plums | Watermelon  |
| Coconut | Melons | Rhubarb |  |
| Dates | Papaya | Soursop |  |

**Grains:**

|  |  |  |
| --- | --- | --- |
| Rice, white or brown | Oats, cooked | Wheat |

**Legumes, Beans, Peas and Soybean Products:**

|  |  |  |  |
| --- | --- | --- | --- |
| Kidney beans | Soybeans | Soy cheese, flour, sauce | Tempeh  |

**Dairy:**

|  |  |  |  |
| --- | --- | --- | --- |
| Butter | Cheese, soft & hard | Commercial dairy products | Sour cream |
| Buttermilk | Cows milk | Ice cream | Yogurt  |

**Meat and Eggs:**

|  |  |  |  |
| --- | --- | --- | --- |
| Beef | Duck | Pork | Seafood |
| Buffalo | Fish, saltwater | Salmon | Tuna |
| Chicken, dark meat | Lamb | Sardines | Turkey, dark meat |

**Oils:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Apricot | Coconut | Olive | Sesame  | Walnut  |
| Avocado | Flax seed | Safflower  | Soy |  |

**Sweeteners:**

|  |  |  |  |
| --- | --- | --- | --- |
| Barley malt | Dates | Maple syrup | Stevia |
| Brown rice syrup | Fructose | Molasses | Sucanat |
| Brown sugar, unrefined | Jaggery |  |  |

**Condiments:**

|  |  |  |  |
| --- | --- | --- | --- |
| Coconut, shredded | Lime juice | Pickles | Vinegar |
| Ghee | Mayonnaise | Salt | Yogurt |
| Gomasio | Miso | Soy sauce |  |
| Kelp | Olives, black or green | Tamari |  |

**Brews and Beverages:**

|  |  |  |  |
| --- | --- | --- | --- |
| Carbonated drinks | Grapefruit juice | Papaya juice | Tomato juice |
| Chocolate drinks | Lemonade | Rice milk |  |
| Coconut milk | Orange juice | Salted & Sour drinks |  |

**Teas:**

|  |
| --- |
| Licorice |

**Avoid Using:**

**Oils:**

|  |  |  |
| --- | --- | --- |
| Hydrogenated oils | Lard | Mixed Vegetable oils |

**Sweeteners:**

|  |  |  |
| --- | --- | --- |
| Honey, cooked | Sugar substitutes | White sugar |

**Condiments:**

|  |  |  |
| --- | --- | --- |
| Commercial Ketchup | Mustard | Preservatives |
| Mayonnaise | Vinegar | Chemical additives |