**Pitta/Kapha or Kapha/Pitta 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:**

|  |  |  |  |
| --- | --- | --- | --- |
| Artichoke | Cauliflower | Green Beans | Plantains |
| Arugula | Celery | Jerusalem Artichoke | Potatoes, white |
| Asparagus | Collard Greens | Kale | Swiss Chard |
| Broccoli | Corn (fresh) | Lettuce | Sprouts |
| Brussels Sprouts | Dandelion Greens | Okra | Summer Squash (yellow, zucchini) |
| Burdock Root | Endive | Parsley |  |
| Cabbage | Escarole | Peas |  |

**Fruits:**

|  |  |  |  |
| --- | --- | --- | --- |
| Apple | Dried fruits | Pomegranate | Raisin |
| Apricot | Mango | Prune | Quince |
| Berries | Pear |  |  |

**Grains:**

|  |  |
| --- | --- |
| Barley | Basmati Rice |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Aduki beans | Black-eyed peas | Lima beans | Pinto beans | White beans |
| Black beans | Chickpeas | Navy beans | Split peas |  |

**Nuts and Seeds:**

|  |  |  |
| --- | --- | --- |
| Charole | Almonds, soaked & peeled | Sunflower Seeds |

**Dairy:**

|  |  |  |
| --- | --- | --- |
| Ghee | Goats milk & cheese | Yogurt, dilluted |

**Meat and Eggs:**

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

**Oils:**

|  |  |
| --- | --- |
| Ghee | Sunflower |

**Sweeteners:**

|  |  |  |
| --- | --- | --- |
| Agave | Dried Fruits | Fruit juice concentrates |

**Herbs, Spices and Flavorings:**

|  |  |  |  |
| --- | --- | --- | --- |
| Basil | Dill | Orange Peel | Saffron |
| Cinnamon | Fennel | Parsley | Spearmint |
| Coriander | Garam masala | Peppermint | Tumeric |
| Cumin | Mint | Rosewater | Wintergreen |

**Condiments:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Cilantro | Ghee | Ginger, fresh | Mint leaves | Sprouts |

**Brews and Beverages:**

|  |  |  |
| --- | --- | --- |
| Carob drinks | Grain blends | Vegetable bouillon |
| Fruit Juices - apple, apricot, berry, cherry, grape, mango, peach, pear, pomegranate, prune | | |

**Herbal Teas:**

|  |  |  |  |
| --- | --- | --- | --- |
| Alfalfa | Chrysanthemum | Lemongrass | Spearmint |
| Bancha (twig) | Dandelion | Nettle | Strawberry Leaf |
| Barley | Elder Flowers | Passion Flower | Violet |
| Birch | Fennel | Peppermint | Wintergreen |
| Blackberry | Hibiscus | Raspberry Leaf | Wild Cherry Bark |
| Borage | Hops | Red Clover | Yarrow |
| Burdock | Jasmine | Rose Flower |  |
| Chamomile | Lavender | Saffron |  |
| Cinnamon | Lemon Balm | Sage |  |

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

**Vegetables:**

|  |  |  |  |
| --- | --- | --- | --- |
| Beets | Garlic, cooked | Mustard Greens | Sweet Potatoes |
| Bell Peppers | Kohlrabi | Peppers, hot | Turnips |
| Carrots | Leeks | Pumpkin | Turnip Greens |
| Cucumber | Mushrooms | Radish | Watercress |
| Eggplant | Olives, black | Rutabaga | Winter Squash (acorn, butternut) |
| Fennel | Onions, cooked | Spinach |  |

**Seaweeds** (to be used primarily in cooler and dryer weather – soak and rinse thoroughly):

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

**Fruits:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Avocado | Date | Lime | Persimmon | Watermelon |
| Cherry | Fig, fresh | Melon | Pineapple | Tamarind |
| Coconut | Grape | Orange | Plum |  |
| Cranberry | Lemon | Peach | Strawberry |  |

**Grains:**

|  |  |  |
| --- | --- | --- |
| Amaranth | Oats | Rye |
| Buckwheat | Millet | Wheat |
| Corn | Quinoa |  |

**Processed Grains:**

|  |  |  |  |
| --- | --- | --- | --- |
| Barley Cereals | Couscous | Popped Corn | Udon Noodles |
| Barley Flour | Granola | Rice Cakes | Wheat Bran |
| Bulgur | Pasta | Rice Cereals | Whole Wheat Flour |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Kidney beans | Mung Dahl | Soy Flour | Tempeh | Toor Dhal |
| Lentils, brown | Soybeans | Soy Milk | Tofu |  |

**Nuts and Seeds:**

|  |  |  |  |
| --- | --- | --- | --- |
| Coconut | Flax seeds | Pumpkin seeds | Sesame seeds |

**Dairy:**

|  |  |  |
| --- | --- | --- |
| Butter, unsalted | Cottage cheese | Cows Milk, raw |

**Meat and Eggs:**

|  |
| --- |
| Shrimp |

**Oils:**

|  |  |  |  |
| --- | --- | --- | --- |
| Avocado | Corn | Safflower | Soy |
| Coconut | Olive | Almond | Sesame |

**Sweeteners:**

|  |  |  |  |
| --- | --- | --- | --- |
| Barley malt syrup | Dates | Honey, raw | Stevia |
| Brown rice syrup | Fructose | Maple syrup | Sucanat |
| Cane sugar, raw |  |  |  |

**Herbs, Spices and Flavorings:**

|  |  |  |  |
| --- | --- | --- | --- |
| Ajwan | Cardamom | Mace | Rosemary |
| Allspice | Cayenne | Majoram | Sage |
| Almond Extract | Chili Peppers | Mustard Seeds | Savory |
| Anise | Cloves | Nutmeg | Star Anise |
| Asafoetida (hing) | Curry Powder | Onions, cooked | Tarragon |
| Bay Leaf | Fenugreek | Oregano | Thyme |
| Black Pepper | Garlic | Paprika | Vanilla |
| Caraway | Ginger | Poppy Seeds |  |

**Condiments:**

|  |  |  |
| --- | --- | --- |
| Chutney, coconut/mango | Horseradish | Sea Salt |
| Coconut & Coconut Milk | Mustard, natural | Wasabi |
| Daikon Radish | Radish | Yogurt, diluted |

**Brews and Beverages:**

|  |  |
| --- | --- |
| Aloe Vera juice | Grapefruit juice |
| Amasake (rice milk) | Lassi (sweet yogurt drink) |
| Carrot juice | Mixed vegetable juice (dosha specific) |
| Coconut milk | Orange juice |
| Cows/Goats milk, fresh | Pineapple juice |
| Cranberry juice | Soy milk |

**Herbal Teas:**

|  |  |  |  |
| --- | --- | --- | --- |
| Ajwan | Comfrey | Lotus | Yerba Mate |
| Basil (Tulsi) | Eucalyptus | Oat Straw | Sassafras |
| Cardamom | Ginger | Orange Peel |  |
| Chicory | Ginseng | Marshmallow |  |
| Cloves | Licorice | Sarsaparilla |  |

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

**Vegetables:**

|  |  |  |
| --- | --- | --- |
| Olives, green | Onions, raw | Tomatoes |

**Fruits:**

|  |  |  |
| --- | --- | --- |
| Banana | Kiwi | Rhubarb |
| Grapefruit | Papaya | Soursop |

**Grains:**

|  |  |
| --- | --- |
| White or Brown Rice | Wild Rice |

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

|  |  |  |
| --- | --- | --- |
| Lentils, black or red | Soy cheese or yogurt | Urad Dahl |

**Dairy:**

|  |  |  |
| --- | --- | --- |
| Butter, salted | Cheese, hard | Ice cream |
| Buttermilk | Commercial Dairy product | Sour Cream |

**Meat and Eggs:**

|  |  |  |  |
| --- | --- | --- | --- |
| Beef | Duck | Pork | Fish, saltwater |
| Chicken, dark meat | Lamb | Salmon | Turkey, dark meat |

**Sweeteners:**

|  |  |
| --- | --- |
| Jaggery | Molasses |

**Condiments:**

|  |  |  |
| --- | --- | --- |
| Gomasio | Olives, black/green | Soy Sauce |
| Lemon/Lime Juice | Pickles | Tamari |
| Miso | Salt, iodized | Yogurt, undiluted |

**Brews and Beverages:**

|  |  |  |  |
| --- | --- | --- | --- |
| Alcohol | Chocolate drinks | Lemonade | Tomato juice |
| Caffeinated drinks | Coffee | Miso broth |  |
| Carbonated drinks | Ice cold or very hot drinks | Sour/Salted drinks |  |

**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 |