**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, globe | Cauliflower | Leek, cooked | Potatoes, white |
| Asparagus | Celery | Lettuce | Potatoes, sweet |
| Beets | Cucumber | Lotus root | Summer squash |
| Bitter Melon, cooked | Dandelion greens | Mushroom | Sprouts, not pungent |
| Broccoli | Endive | Okra | Winter squash |
| Brussels sprouts | Green beans | Parsnip |  |
| Cabbage | Kale | Peas |  |

**Fruits:**

|  |  |  |  |
| --- | --- | --- | --- |
| Apricot, sweet | Date | Orange, sweet | Raisin, moist |
| Apple, sweet | Fig | Pear | Watermelon |
| Avocado | Grape, sweet | Pineapple, sweet |  |
| Berries, sweet | Mango | Plum, sweet |  |
| Coconut | Melon | Pomegranate |  |

**Grains:**

|  |  |  |
| --- | --- | --- |
| Barley | Rice, basmati brown or white | Wheat |
| Oats, whole cooked | Rice, white |  |

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

|  |  |  |  |
| --- | --- | --- | --- |
| Aduki beans | Lentils, red | Soybeans & Soymilk | White beans |
| Black beans | Lima beans | Soy cheese, yogurt | Toor Dhal |
| Black-eyed peas | Mung Dhal, split/whole | Split peas, green/yellow | Urad Dhal |
| Chickpeas, black/yellow | Navy beans | Tempeh |  |
| Kidney beans | Pinto beans | Tofu |  |

**Nuts and Seeds:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Almonds, soaked & peeled | Charole | Coconut | Sunflower seeds | Pumpkin seeds, in moderation |

**Dairy:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Cottage cheese | Butter, unsalted | Cows milk, raw | Ghee | Goats milk/cheese |

**Meat and Eggs:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Chicken, light | Egg white | Fish, freshwater | Rabbit | Turkey, light meat |

**Oils:**

|  |  |  |  |
| --- | --- | --- | --- |
| Coconut | Ghee | Olive | Sunflower |

**Sweeteners:**

|  |  |  |
| --- | --- | --- |
| Agave, raw | Barley malt syrup | Brown rice syrup |
| Dates | Maple syrup | Sweet fruits & fruit juice |

**Herbs, Spices and Flavorings:**

|  |  |  |  |
| --- | --- | --- | --- |
| Basil, fresh | Coriander | Ginger, fresh | Saffron |
| Cardamom | Cumin | Mint | Spearmint |
| Cinnamon | Dill | Neem leaves | Turmeric |
| Cilantro | Fennel | Rose water | Wintergreen |

**Condiments:**

|  |  |  |  |
| --- | --- | --- | --- |
| Cilantro | Ghee | Mango chutney, sweet | Sprouts |
| Coconut/Coconut milk | Ginger, fresh | Mint leaves | Sunflower seeds |

**Brews and Beverages:**

|  |  |  |  |
| --- | --- | --- | --- |
| Aloe Vera juice | Chicory brew | Goats milk | Soy milk |
| Coconut milk | Cows milk, raw | Rice milk | Sweet fruit juice, dilute |

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

|  |  |  |  |
| --- | --- | --- | --- |
| Alfalfa | Dandelion | Lotus | Red clover |
| Bancha (twig) | Elder flowers | Licorice | Rose flowers |
| Barley (grain tea) | Fennel | Marshmallow | Saffron |
| Burdock | Hibiscus | Nettle | Sarsaparilla |
| Chamomile | Jasmine | Oat straw | Spearmint |
| Chicory | Lavender | Passion flower | Wintergreen |
| Chrysanthemum | Lemon balm | Peppermint | Yarrow |
| Comfrey | Lemongrass | Raspberry |  |

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

**Vegetables:**

|  |  |  |  |
| --- | --- | --- | --- |
| Arugula | Burdock root | Jerusalem artichoke | Pumpkin |
| Bamboo shoots | Carrots | Kohlrabi | Spinach |
| Bell peppers | Corn, fresh | Olive | Watercress |
| Bok Choy | Daikon Radish | Onion, cooked |  |
| Broccoli Rabe | Eggplant | Plantain |  |

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

|  |  |  |  |
| --- | --- | --- | --- |
| Agar-agar | Dulse | Kombu | Wakame |
| Arame | Hijiki | Riverweeds |  |
| Blue-green algae | Kelp | Seaware |  |

**Fruits:**

|  |  |  |  |
| --- | --- | --- | --- |
| Banana | Kiwi | Peach | Quince, sweet |
| Cherry, sweet | Lime | Persimmon | Strawberry |
| Dried fruits | Papaya | Prune | Tamarind |

**Grains:**

|  |  |  |  |
| --- | --- | --- | --- |
| Amaranth | Rice, wild | Rice, brown | Quinoa |

**Processed Grains:**

|  |  |  |
| --- | --- | --- |
| Bulgur | Rice cakes | Unbleached white flour |
| Couscous | Rice cereal | Whole wheat flour and bran |
| Oats, rolled/steel cut, cooked | Rice flour |  |
| Pasta, whole wheat | Udon Noodles |  |

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

|  |  |
| --- | --- |
| Lentils, green | Soy flour, powder |

**Dairy:**

|  |  |
| --- | --- |
| Cheese, soft, mild (like farmers cheeses) | Yogurt, spiced and diluted (Lassi) |

**Meat and Eggs:**

|  |  |
| --- | --- |
| Shrimp | Venison |

**Oils:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Apricot | Avocado | Sesame | Soy | Walnut |

**Sweeteners:**

|  |  |  |  |
| --- | --- | --- | --- |
| Brown sugar, unrefined | Fructose | Stevia | Sucanat |

**Herbs, Spices and Flavorings:**

|  |  |  |  |
| --- | --- | --- | --- |
| Almond extract | Curry power, mild | Orange peel | Tamarind |
| Anise | Dill seed | Paprika | Tarragon |
| Bay leaf | Garam masala | Parsley, dry | Vanilla |
| Black pepper | Garlic, cooked | Rosemary |  |
| Caraway | Oregano | Sage |  |

**Condiments:**

|  |  |  |  |
| --- | --- | --- | --- |
| Black pepper | Lime juice | Rose water | Tamari sauce |
| Daikon radish | Pumpkin seeds | Sea or mineral salt |  |

**Brews and Beverages:**

|  |  |
| --- | --- |
| Lassi (diluted and spiced yogurt) | Orange juice |

**Herbal Teas:**

|  |  |  |  |
| --- | --- | --- | --- |
| Basil (Tulsi) | Cinnamon | Orange peel | Rosehips |
| Cardamom | Hops | Osha |  |

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

**Vegetables:**

|  |  |  |  |
| --- | --- | --- | --- |
| Beet | Mustard greens | Swiss chard | Turnip and greens |
| Hot pepper | Pungent vegetables | Taro root |  |
| Onion, raw | Radish | Tomato |  |

**Fruits:**

|  |  |  |  |
| --- | --- | --- | --- |
| Cranberry | Lemon | Rhubarb | Sour fruits |
| Grapefruit | Persimmon | Soursop |  |

**Grains:**

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

**Nuts and Seeds:**

|  |
| --- |
| Sesame seeds |

**Dairy:**

|  |  |  |  |
| --- | --- | --- | --- |
| Buttermilk | Cheeses, salted | Feta cheese | Sour cream |
| Butter, salted | Commercial dairy products | Ice cream | Yogurt |

**Meat and Eggs:**

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

**Oils:**

|  |  |  |  |
| --- | --- | --- | --- |
| Almond | Corn | Mustard | Safflower |

**Sweeteners:**

|  |  |  |
| --- | --- | --- |
| Honey, raw | Molasses | Jaggery |

**Herbs, Spices and Flavorings:**

|  |  |  |  |
| --- | --- | --- | --- |
| Allspice | Chili peppers, hot | Mace | Poppy seeds |
| Ajwan | Cloves | Marjoram | Savory |
| Asafoetida (Hing) | Fenugreek | Mustard seeds | Thyme |
| Basil, dry | Garlic, raw | Nutmeg |  |
| Cayenne | Ginger, dry | Pippali |  |

**Condiments:**

|  |  |  |  |
| --- | --- | --- | --- |
| Ginger, pickled | Iodized salt | Horseradish | Soy sauce |
| Gomasio | Lemon juice | Pickles | Yogurt, undiluted |
| Grated cheese | Onions, raw | Sesame seeds |  |

**Brews and Beverages:**

|  |  |  |  |
| --- | --- | --- | --- |
| Alcoholic drinks | Chocolate drinks | Salted drinks | Sour juices |
| Caffeine drinks | Coffee | Ice cold drinks | Tomato juice |
| Carbonated drinks | Fruit juices, sweetened | Pungent brews | V-8 juice |

**Herbal Teas:**

|  |  |  |  |
| --- | --- | --- | --- |
| Ajwan | Fenugreek | Hyssop | Sage |
| Cloves | Ginger, dry | Juniper berries | Yerba Mate |
| Eucalyptus | Ginseng | Pennyroyal | Caffeinated/Pungent teas |

**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 |