**Tri-Dosha 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.

The suggestions presented below are balancing for all three doshas: vata, pitta, kapha and can be eaten on a regular basis. Due to the lack of variety, additional food choices can be made taking into consideration of outside influences (season, time of day, etc.) to assist in staying in a state of doshic balance.

**Vegetables:**

|  |  |  |  |
| --- | --- | --- | --- |
| Asparagus | Cilantro | Leeks | Peas |
| Beets | Fennel | Lettuce | Rutabaga |
| Cabbage (cooked) | Green beans | Okra | Sprouts |
| Carrots | Jerusalem Artichoke | Onion, cooked | Watercress |
| Cauliflower | Leafy Greens | Parsley |  |

**Fruits:**

|  |  |  |  |
| --- | --- | --- | --- |
| Apples | Berries | Limes | Raisins |
| Applesauce | Grapes | Prunes | Strawberries |

**Grains:**

|  |  |  |  |
| --- | --- | --- | --- |
| Amaranth | Basmati rice | Sprouted wheat | Quinoa  |

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

|  |  |  |  |
| --- | --- | --- | --- |
| Lentils, red | Mung Dhal, whole | Soy Milk | Tofu  |

**Nuts and Seeds:**

|  |  |  |  |
| --- | --- | --- | --- |
| Charole | Flax seeds | Pumpkin seeds | Sunflower seeds |

**Dairy** (organic and freshly made)**:**

|  |  |  |  |
| --- | --- | --- | --- |
| Cottage cheese | Goats cheese | Goats milk | Yogurt, diluted/spiced |

**Meat and Eggs:**

|  |  |  |  |
| --- | --- | --- | --- |
| Chicken, white | Egg whites | Fish, freshwater | Turkey, white |

**Oils:**

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

**Sweeteners:**

|  |  |
| --- | --- |
| Agave | Fruit juice concentrates |

**Herbs, Spices and Flavorings:**

|  |  |  |  |
| --- | --- | --- | --- |
| Black pepper | Cumin | Mint | Sea salt (moderation) |
| Cardamom | Dill leaves or seeds | Orange peel | Tarragon |
| Cinnamon | Fennel | Parsley | Turmeric |
| Coriander | Garlic, cooked | Rose water | Vanilla |
| Cilantro | Ginger, fresh | Saffron | Wintergreen |

**Condiments:**

|  |  |  |  |
| --- | --- | --- | --- |
| Cilantro | Ginger, fresh | Mint leaves | Sprouts  |
| **Avoid:** commercial ketchup, mayonnaise, mustard, vinegar, preservatives and chemical additives |

**Brews and Beverages:**

|  |  |  |  |
| --- | --- | --- | --- |
| Aloe Vera juice | Rice milk | Vegetable juice (tri-doshic) | Water (pure/filtered) |
| Carob drinks | Soy milk, spiced | Yogurt drinks, spiced | Fruit juice (tri-doshic) |

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

|  |  |  |  |
| --- | --- | --- | --- |
| Coriander | Ginger, fresh | Mint | Saffron |
| Cumin | Lavender | Orange peel | Sarsaparilla |
| Fennel | Lemongrass | Rose flower | Wintergreen  |