**Vata/Kapha or Kapha/Vata 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:**

|  |  |  |  |
| --- | --- | --- | --- |
| Asparagus | Garlic | Leeks | Rutabaga |
| Beets | Green Beans | Okra | Watercress |
| Carrots | Green Chiles | Parsley |  |
| Cilantro | Jerusalem Artichoke | Peas |  |
| Fennel bulb & leaves | Leafy Greens | Radishes |  |

**Fruits:**

|  |  |  |  |
| --- | --- | --- | --- |
| Apples, cooked | Apricots | Cherries | Raisins, soaked |
| Applesauce | Berries | Prunes, soaked |  |

**Grains:**

|  |  |
| --- | --- |
| Basmati Rice, white or brown | Quinoa |

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

|  |  |
| --- | --- |
| Lentils, red | Mung Dhal |

**Nuts and Seeds:**

|  |  |  |  |
| --- | --- | --- | --- |
| Charole | Chia Seeds | Pumpkin Seeds | Sunflower Seeds |

**Dairy:**

|  |  |
| --- | --- |
| Ghee | Goats milk & cheese |

**Meat and Eggs:**

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

**Oils:**

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

**Sweeteners:**

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

**Herbs, Spices and Flavorings:**

|  |  |  |  |
| --- | --- | --- | --- |
| Ajwan | Cinnamon | Mace | Peppermint |
| Allspice | Coriander seeds | Marjoram | Rosemary |
| Anise | Cumin | Mint | Saffron |
| Asafoetida | Curry powder | Mustard seeds | Sage |
| Basil | Dill leaves | Nutmeg | Savory |
| Bay Leaf | Eucalyptus | Onion, dried | Spearmint |
| Black Cumin | Garam Masala | Orange Peel | Star Anise |
| Black Pepper | Garlic | Oregano | Thyme |
| Caraway | Ginger, dried or fresh | Paprika | Tumeric |
| Cardamom | Horseradish | Parsley |  |

**Condiments:**

|  |  |  |  |
| --- | --- | --- | --- |
| Black Pepper | Cilantro | Garlic | Onions |
| Chili Pepper, mild | Daikon Radish | Ginger |  |

**Brews and Beverages:**

|  |  |  |  |
| --- | --- | --- | --- |
| Aloe Vera juice | Berry juice | Chicory brew | Peach Nectar |
| Apple Cider | Carrot juice | Grape juice | Mixed vegetable juice |
| Apricot juice | Cherry juice | Mango juice |  |

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

|  |  |  |  |
| --- | --- | --- | --- |
| Ajwan | Chicory blends | Lavender | Saffron |
| Bancha | Cinnamon | Juniper Berry | Sassafras |
| Barley | Cloves | Lemongrass | Sarsaparilla |
| Basil | Fennel | Orange Peel | Spearmint |
| Chamomile | Ginger | Peppermint |  |

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

**Vegetables:**

|  |  |  |  |
| --- | --- | --- | --- |
| Beet Greens | Cucumber | Olives, black | Sprouts |
| Bitter Melon | Dandelion Greens | Onion | Summer Squash (yellow, zucchini) |
| Broccoli | Daikon Radish | Parsnips | Taro Root |
| Brussels Sprouts | Eggplant | Peppers, sweet/hot | Tomatoes, cooked |
| Burdock Root | Horseradish | Plantain | Turnips |
| Cabbage | Kale | Potatoes, sweet | Turnip Greens |
| Cauliflower | Kohlrabi | Potatoes, white | Winter Squash (acorn, butternut) |
| Celery | Mushrooms | Pumpkin |  |
| Corn, fresh | Mustard Greens | Spinach |  |

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

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

**Fruits:**

|  |  |  |  |
| --- | --- | --- | --- |
| Apples, raw | Figs, dry | Melon | Plums |
| Avocado | Grapefruit | Oranges | Prunes, dry |
| Bananas | Grapes | Papaya | Raisins, dry |
| Cranberries | Kiwi | Peaches | Pomegranates |
| Coconut | Lemons | Pears | Strawberries |
| Dates, fresh | Limes | Persimmon | Tangerine |
| Figs, fresh | Mango | Pineapple | Tamarind |

**Grains:**

|  |  |  |
| --- | --- | --- |
| Amaranth | Corn | Rice, white or brown |
| Barley | Millet | Rye |
| Buckwheat | Oats | Wheat |

**Processed Grains:**

|  |  |  |  |
| --- | --- | --- | --- |
| Barley Cereal & Flour | Cornmeal | Millet Cereal & Flour | Wheat Bran |
| Buckwheat Flour | Couscous | Oat Bran | Whole Wheat Flour |
| Corn Grits | Granola | Rye Flour |  |

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

|  |  |  |  |
| --- | --- | --- | --- |
| Aduki beans | Lentils, brown | Soy Milk | Urad Dhal |
| Black beans | Lima beans | Split Peas | White beans |
| Black-eyed Peas | Navy beans | Tofu |  |
| Chickpeas, black/yellow | Pinto beans | Toor Dhal |  |

**Nuts and Seeds:**

|  |  |  |  |
| --- | --- | --- | --- |
| Almonds | Coconut | Hazelnuts | Pine Nuts |
| Brazil Nuts | Filberts | Macadamia Nuts | Pistachios |
| Cashews | Flax seeds | Peanuts | Sesame seeds |
| Charole | Hemp seeds | Pecans | Walnuts |

**Dairy:**

|  |  |  |  |
| --- | --- | --- | --- |
| Butter, unsalted | Buttermilk | Cows Milk, raw | Yogurt, diluted w/spice |

**Meat and Eggs:**

|  |  |  |  |
| --- | --- | --- | --- |
| Beef | Buffalo | Duck | Seafood |

**Oils:**

|  |  |  |  |
| --- | --- | --- | --- |
| Apricot | Avocado | Olive | Sesame |
| Corn | Mustard | Safflower | Walnut |

**Herbs, Spices and Flavorings:**

|  |  |  |  |
| --- | --- | --- | --- |
| Cayenne | Fennel | Fenugreek | Vanilla |
| Dill seed | Kudzu | Tamarind |  |

**Condiments:**

|  |  |  |  |
| --- | --- | --- | --- |
| Chili pepper, hot | Ketchup | Radishes | Olives, black |
| Ghee | Lemon juice | Sprouts | Wasabi |
| Gomasio | Mango chutney | Mustard |  |
| Horseradish | Mint leaves |  |  |

**Brews and Beverages:**

|  |  |  |  |
| --- | --- | --- | --- |
| Alcoholic drinks | Chai | Orange juice | Prune juice |
| Almond milk | Cranberry juice | Papaya juice | Pineapple juice |
| Apple juice | Grapefruit juice | Pear juice | Soy Milk, warm/spiced |
| Carob drinks | Lemonade | Pomegranate juice | Yogurt, diluted/spiced |

**Herbal Teas:**

|  |  |  |  |
| --- | --- | --- | --- |
| Alfalfa | Elder flowers | Lemon balm | Raspberry |
| Borage | Eucalyptus | Nettle | Rose flower |
| Burdock | Ginseng | Licorice | Sage |
| Chrysanthemum | Hibiscus | Lotus | Strawberry |
| Comfrey | Hops | Marshmallow | Rosehips |
| Dandelion | Jasmine | Oat Straw | Violet |

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

**Vegetables:**

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

**Fruits:**

|  |  |
| --- | --- |
| Dates, dry | Watermelon |

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

|  |  |  |
| --- | --- | --- |
| Kidney beans | Miso, soy sauce, tamari | Soy beans |
| Soy cheese | Soy flour |  |

**Dairy:**

|  |  |  |  |
| --- | --- | --- | --- |
| Butter, salted | Cottage cheese | Ice cream | Yogurt |
| Cheeses, hard or soft | Commercial dairy items | Sour cream |  |

**Meat and Eggs:**

|  |  |  |  |
| --- | --- | --- | --- |
| Lamb | Pork | Rabbit | Venison |

**Oils:**

|  |  |  |
| --- | --- | --- |
| Coconut | Flax seed | Soy |

**Sweeteners:**

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

**Condiments:**

|  |  |  |  |
| --- | --- | --- | --- |
| Coconut, shredded | Mayonnaise | Pickles | Tamari |
| Lime juice | Miso | Salt, iodized | Vinegar |
| Mango chutney, sweet | Olives, green | Soy sauce | Yogurt |

**Brews and Beverages:**

|  |  |  |  |
| --- | --- | --- | --- |
| Caffeinated drinks | Chocolate drinks | Rice Milk | Tomato juice |
| Carbonated drinks | Coconut Milk |  |  |

**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 |