**Vata/Pitta or Pitta/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:**

|  |  |  |
| --- | --- | --- |
| Artichoke, globe | Cucumber | Pumpkin |
| Asparagus | Green Bean | Rutabaga |
| Bok Choy | Jerusalem Artichoke | Summer Squash (yellow, zucchini) |
| Carrot | Okra | Sweet Potato |
| Cauliflower | Parsnip | Winter Squash (acorn, butternut) |

**Fruits:**

|  |  |  |  |
| --- | --- | --- | --- |
| Apricot | Figs, fresh | Oranges, sweet | Tamarind |
| Avocado | Grapes, sweet | Pineapple, sweet | Tangerines, sweet |
| Coconut | Lemons & Limes | Plums, sweet |  |
| Dates | Mango, ripe | Quince, sweet |  |

**Grains:**

|  |  |  |
| --- | --- | --- |
| Oats, cooked | Basmati rice, brown or white | Wheat |

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

|  |  |  |
| --- | --- | --- |
| Aduki beans | Mung Dahl | Tofu |

**Nuts and Seeds:**

|  |  |  |
| --- | --- | --- |
| Charole | Pumpkin seeds | Sunflower Seeds |

**Dairy:**

|  |  |  |
| --- | --- | --- |
| Butter, unsalted | Cows Milk, raw | Ghee |
| Cheese, soft | Cottage Cheese | Goats Milk & Cheese |
| Yogurt (diluted for Pitta/Spiced for Vata) |

**Meat and Eggs:**

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

**Oils:**

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

**Sweeteners:**

|  |  |  |  |
| --- | --- | --- | --- |
| Agave | Cane sugar, raw | Maple syrup | Sugarcane juice |
| Barley malt syrup | Dates | Stevia | Sweet fruits |
| Brown rice syrup | Fruit juice concentrates | Sucanat |  |

**Herbs, Spices and Flavorings:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Asafoetida (hing) | Coriander | Garam masala | Rosewater | Tamarind |
| Basil (tulsi), fresh | Cumin | Mint | Saffron | Turmeric |
| Black pepper | Dill | Orange peel | Sandalwood | Vanilla |
| Cardamom | Fennel | Peppermint | Spearmint | Wintergreen |

**Condiments:**

|  |  |  |
| --- | --- | --- |
| Cilantro | Ginger, fresh | Sunflower seeds |
| Coconut and Coconut milk | Mint leaves | Yogurt, dluted |
| Ghee | Pumpkin seeds |  |

**Brews and Beverages:**

|  |  |  |
| --- | --- | --- |
| Apricot juice | Fresh Cows Milk | Grain blends |
| Coconut Milk | Date and Fig Shakes | Lassi (yogurt drink) |

**Herbal Teas:**

|  |  |  |  |
| --- | --- | --- | --- |
| Bancha (twig) | Elder Flower | Peppermint | Orange Peel |
| Cardamom | Fennel | Rose Flower | Saffron |
| Chamomile | Lavender | Marshmallow | Sarsaparilla |
| Cinnamon | Lemon Balm | Nettle | Spearmint |
| Comfrey | Lemongrass | Oat Straw |  |

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

**Vegetables:**

|  |  |  |  |
| --- | --- | --- | --- |
| Arugula | Celery | Kohlrabi | Plantains |
| Beets | Collard Greens | Lettuce | Potato, white |
| Bell Pepper | Corn, fresh | Garlic, cooked | Radish |
| Broccoli | Dandelion Greens | Mustard Greens | Spinach |
| Brussels Sprouts | Leeks | Olives | Sprouts |
| Burdock root | Endive | Onion, cooked | Swiss Chard |
| Cabbage | Kale | Peas | Watercress |

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

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

**Fruits:**

|  |  |  |  |
| --- | --- | --- | --- |
| Apples, sweet | Grapefruit | Pears | Soursop |
| Bananas | Kiwi | Pomegranate | Strawberries |
| Berries, sweet | Papaya | Prunes | Watermelon |
| Cherries, sweet | Peaches | Raisins |  |

**Grains:**

|  |  |  |
| --- | --- | --- |
| Amaranth | Rice, white or brown | Wheat Bran |
| Barley | Quinoa | Wild Rice |

**Processed Grains:**

|  |  |  |
| --- | --- | --- |
| Bulgur | Rice Cakes | Sprouted Wheat Bran |
| Couscous | Rice Cereal | Udon Noodles |
| Granola | Rice Flour | Unbleached White Flour |
| Pasta, wheat or rice | Seitan (wheat meat) | Whole Wheat Flour |

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

|  |  |  |  |
| --- | --- | --- | --- |
| Black beans | Lima beans | Pinto beans | Urad Dhal |
| Black-eyed peas | Navy beans | Split peas |  |
| Chickpeas, black/yellow | Soybeans and Soymilk | Tempeh |  |
| Kidney beans | Soy flour, powder | White beans |  |
| Lentils, brown or red | Soy cheese, yogurt | Toor Dhal |  |

**Nuts and Seeds:**

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

**Dairy:**

|  |  |  |  |
| --- | --- | --- | --- |
| Butter, salted | Buttermilk | Cheese, hard | Sour Cream |

**Meat and Eggs:**

|  |  |  |  |
| --- | --- | --- | --- |
| Beef | Eggs or Egg yolks | Saltwater Fish | Venison |
| Duck | Rabbit | Shrimp |  |

**Oils:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Avocado | Almond | Corn | Safflower | Soy |

**Sweeteners:**

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

**Herbs, Spices and Flavorings:**

|  |  |  |  |
| --- | --- | --- | --- |
| Allspice | Cloves | Onions, cooked | Tarragon |
| Ajwan | Curry powder, mild | Oregano | Thyme |
| Almond Extract | Garlic, cooked | Paprika | Star Anise |
| Bay Leaf | Ginger, fresh | Parsley |  |
| Caraway | Mint | Rosemary |  |
| Chili Peppers, mild | Mustard seeds | Sage |  |
| Cinnamon | Nutmeg | Savory |  |

**Condiments:**

|  |  |  |  |
| --- | --- | --- | --- |
| Daikon radish | Mayonnaise, fresh | Rose water | Tamari sauce |
| Gomasio | Mango chutney | Sea salt | Wasabi |
| Horseradish | Pickles | Sesame seeds |  |
| Lemon or Lime juice | Radish | Soy sauce |  |

**Brews and Beverages:**

|  |  |  |
| --- | --- | --- |
| Aloe Vera juice | Fresh Lemonade or Limeade | Pear juice |
| Apple juice | Grapefruit juice | Prune juice |
| Banana drinks | Miso broth | Pomegranate juice |
| Carob drinks | Mixed vegetable juice | Soy Milk |
| Carrot juice | Papaya juice |  |

**Herbal Teas:**

|  |  |  |  |
| --- | --- | --- | --- |
| Alfalfa | Borage | Eucalyptus | Raspberry leaf |
| Ajwan | Burdock | Ginger, fresh | Red clover |
| Barley | Chrysanthemum | Hibiscus | Rosehips |
| Basil (Tulsi) | Cloves | Jasmine | Strawberry |
| Blackberry | Dandelion | Passion flower | Wintergreen |

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

**Vegetables:**

|  |  |  |  |
| --- | --- | --- | --- |
| Eggplant | Onion, raw | Turnip | Pungent vegetables |
| Mushroom | Tomato | Turnip green |  |

**Fruits:**

|  |  |  |  |
| --- | --- | --- | --- |
| Cranberries | Persimmon | Dried fruits, in excess | Sour fruits, in excess |

**Grains:**

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

**Dairy:**

|  |  |
| --- | --- |
| Commercial dairy products | Ice Cream |

**Meat and Eggs:**

|  |  |
| --- | --- |
| Lamb | Pork |

**Herbs, Spices and Flavorings:**

|  |  |  |  |
| --- | --- | --- | --- |
| Cayenne | Fenugreek | Mace | Onions, raw |
| Chili Peppers, hot | Garlic, raw | Marjoram |  |

**Condiments:**

|  |  |
| --- | --- |
| Iodized salt | Onions, raw |

**Brews and Beverages:**

|  |  |  |  |
| --- | --- | --- | --- |
| Alcohol | Carbonated drinks | Coffee | Tomato juice |
| Caffeinated drinks | Chocolate drinks | Iced or frozen 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 |