**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 | Daikon Radish | Okra | Pumpkin |
| Beets | Fennel Bulb & Leaves | Olives, black | Rutabaga |
| Bok Choy | Garlic, cooked | Onion, cooked | Summer Squash  |
| Carrots | Green Beans | Parsnip | Taro Root |
| Cilantro | Landcress | Peppers, sweet | Watercress |
| Cucumber | Leeks, cooked | Potatoes, sweet | Winter Squash  |

**Seaweeds:**

|  |  |  |  |
| --- | --- | --- | --- |
| Arame | Hijiki | Kombu | Wakame |

**Fruits:**

|  |  |  |  |
| --- | --- | --- | --- |
| Apricots | Dates, fresh | Melon | Raisins, soaked |
| Apples, cooked | Figs, fresh | Orange | Rhubarb |
| Avocado | Grapefruit | Papaya | Strawberries |
| Banana | Kiwi | Peach | Tamarind |
| Berries | Lemon | Pineapple | Tangerine |
| Cherries | Lime | Plum |  |
| Coconut | Mango | Prunes, soaked |  |

**Grains:**

|  |  |  |  |
| --- | --- | --- | --- |
| Oats, cooked | Rice, all varieties | Quinoa | Wheat  |

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

|  |  |  |  |
| --- | --- | --- | --- |
| Lentils, red | Mung Dhal | Toor Dhal | Urad Dhal |

**Dairy:**

|  |  |  |  |
| --- | --- | --- | --- |
| Butter | Cheese, soft | Cows Milk, raw | Goats Milk & Cheese |
| Buttermilk | Cottage cheese | Ghee | Yogurt, diluted/spiced |

**Meat and Eggs:**

|  |  |  |  |
| --- | --- | --- | --- |
| Beef | Duck | Salmon | Shrimp  |
| Buffalo | Eggs | Sardines |  |
| Chicken, dark meat | Fish, fresh/saltwater | Seafood |  |

**Oils:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Almond | Ghee | Safflower | Soy  | Walnut  |
| Avocado | Olive | Sesame  | Sunflower  |  |

**Sweeteners:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Agave, raw | Brown rice syrup | Dates  | Honey, raw | Sucanat  |
| Barley malt syrup | Brown Sugar, unrefined | Fruit Juices | Jiggery  |  |

**Herbs, Spices and Flavorings:**

|  |  |  |  |
| --- | --- | --- | --- |
| Almond extract | Cloves | Mustard seeds | Savory |
| Anise | Coriander  | Nutmeg | Spearmint |
| Asafetida | Cumin | Oregano | Tamarind |
| Basil | Curry powder | Paprika | Tarragon |
| Bay leaf | Dill, leaf or seed | Peppermint | Thyme |
| Black Cumin | Fennel, leaf or seed | Pippali | Turmeric |
| Black Pepper | Garam masala | Rosemary | Vanilla |
| Caraway | Garlic, cooked | Saffron |  |
| Cardamom | Ginger, dried or fresh | Sage |  |

**Condiments:**

|  |  |  |  |
| --- | --- | --- | --- |
| Coconut, grated | Lime | Olives, black | Tamari |
| Ghee | Mango Chutney | Pickles | Vinegar |
| Gomasio | Mayonnaise | Sea or mineral salt | Yogurt, spiced |
| Lemon | Mustard | Soy sauce |  |

**Brews and Beverages:**

|  |  |  |  |
| --- | --- | --- | --- |
| Almond milk | Chai | Grape juice | Papaya juice |
| Aloe Vera juice | Cherry juice | Grapefruit juice | Peach juice |
| Apple cider | Chicory blends | Lemonade | Pineapple juice |
| Apricot juice | Coconut milk | Mango juice | Rice milk |
| Berry juice | Cows milk, warm | Miso broth | Sour juices |
| Carrot juice | Date shake | Orange juice | Soy milk, warm/spiced |

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

|  |  |  |  |
| --- | --- | --- | --- |
| Ajwan | Elder flower | Lotus | Saffron  |
| Bancha | Eucalyptus | Marshmallow | Sage |
| Basil | Fennel | Orange Peel | Sarsaparilla |
| Chamomile | Ginger, fresh | Pennyroyal | Sassafras |
| Chicory | Hyssop | Peppermint | Spearmint |
| Cinnamon | Lavender | Peruvian bark |  |
| Clove | Lemon balm | Rose flowers |  |
| Comfrey | Licorice  | Rosehips |  |

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

**Vegetables:**

|  |  |  |  |
| --- | --- | --- | --- |
| Artichoke, globe | Collard greens | Leafy greens | Spinach |
| Beet greens | Corn, fresh | Parsley | Sprouts |
| Burdock root | Horseradish | Peas, cooked | Tomatoes, cooked |
| Cabbage | Kale, well cooked | Plantains | Turnip greens |
| Cauliflower | Jerusalem artichoke | Radishes, cooked | Winter Squash (spaghetti) |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Agar-agar | Blue-green algae | Dulse | Kelp | Seaware  |

**Fruits:**

|  |
| --- |
| Dried fruits, cooked |

**Grains:**

|  |  |
| --- | --- |
| Amaranth | Barley  |

**Processed Grains:**

|  |  |  |
| --- | --- | --- |
| Bulgur | Rice flour | Unbleached wheat flour |
| Mochi (molded sweet rice) | Seitan (wheat meat) | Whole wheat flour |
| Pasta, wheat or rice | Sprouted wheat bread |  |
| Rice Cereal, cooked | Udon Noodles |  |

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

|  |  |  |
| --- | --- | --- |
| Aduki beans | Miso | Soy sauce |
| Chana Dhal | Soy milk & cheese | Tofu  |

**Nuts and Seeds:**

|  |  |  |  |
| --- | --- | --- | --- |
| Almonds | Coconut | Macadamia nuts | Pumpkin seeds |
| Brazil nuts | Filberts | Peanuts | Sesame seeds |
| Cashews | Flax seeds | Pecans | Sunflower seeds |
| Charole | Hemp seeds | Pine nuts | Walnuts |
| Chia seeds | Hazelnuts | Pistachios |  |

**Dairy:**

|  |  |  |  |
| --- | --- | --- | --- |
| Cheeses, hard | Ice cream, homemade | Sour cream | Yogurt, plain |

**Meat and Eggs:**

|  |  |
| --- | --- |
| Chicken, white | Turkey, white  |

**Oils:**

|  |  |  |
| --- | --- | --- |
| Coconut | Corn | Mustard  |

**Sweeteners:**

|  |  |
| --- | --- |
| Maple syrup | Molasses  |

**Herbs, Spices and Flavorings:**

|  |  |  |  |
| --- | --- | --- | --- |
| Cayenne | Curry leaves | Horseradish | Parsley |
| Cilantro | Fenugreek | Mint | Wintergreen  |

**Condiments:**

|  |  |  |  |
| --- | --- | --- | --- |
| Black pepper  | Cilantro | Ketchup | Sprouts |
| Chili pepper | Horseradish | Mint leaves  |  |

**Brews and Beverages:**

|  |  |  |  |
| --- | --- | --- | --- |
| Carob drinks | Lassi (sweet yogurt drink) | Prune juice | Tomato juice |

**Herbal Teas:**

|  |  |  |  |
| --- | --- | --- | --- |
| Alfalfa | Hibiscus  | Passionflower  | Violet  |
| Barley  | Hops  | Raspberry  |  |
| Chrysanthemum  | Jasmine  | Red Clover  |  |
| Ginger, dry  | Nettle  | Strawberry  |  |

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

**Vegetables:**

|  |  |  |  |
| --- | --- | --- | --- |
| Bitter Melon | Dandelion greens | Mustard greens | Potatoes, white |
| Broccoli | Eggplant | Olives, green | Tomatoes, raw |
| Brussels sprouts | Kohlrabi | Onion, raw | Turnips |
| Celery | Mushrooms | Peppers, hot |  |

**Fruits:**

|  |  |  |  |
| --- | --- | --- | --- |
| Apples, raw | Dried fruit | Persimmon | Quince |
| Cranberries | Pear | Pomegranate | Watermelon  |

**Grains:**

|  |  |  |  |
| --- | --- | --- | --- |
| Buckwheat | Corn | Oats, dry | Sago |
| Cereals, dried | Millet | Rye |  |

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

|  |  |  |  |
| --- | --- | --- | --- |
| Black beans | Kidney beans | Navy beans | Split peas green or yellow |
| Black-eyed peas | Lentils, brown | Pinto beans | Tempeh |
| Chickpeas | Lima beans | Soybeans | White beans |

**Dairy:**

|  |
| --- |
| Commercial dairy products |

**Meat and Eggs:**

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

**Herbs, Spices and Flavorings:**

|  |  |
| --- | --- |
| Garlic, raw | Extremely bitter & astringent herbs/spices |

**Condiments:**

|  |  |  |  |
| --- | --- | --- | --- |
| Garlic, raw | Olives, green | Onion, raw | Salt iodized |

**Brews and Beverages:**

|  |  |  |
| --- | --- | --- |
| Alcoholic drinks | Carbonated drinks | Pear juice |
| Apple juice | Cranberry juice | Pomegranate juice |
| Caffeinated drinks | Ice cold drinks | Pungent 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 |