

# Eating According to Your Ayurvedic Dosha

**Vata Pacifying Foods:** warm, moist, oily, heavy - sweet, sour, and salty - eat large amounts

**Avoid:** rough, dry, hard, light and cold especially dry nuts, beans, grains

Dairy (raw) - whole milk, butter, cream, yogurt, kefir, soft unsalted cheeses- swiss, colby, jack

Meat (raw or broths, with heavy fats) – eggs, beef, pork, chicken, fish, turkey, rabbit

Fruits (raw, small use) - grape, lemon, banana, sweet orange, apple, berries, coconut, dates, fig, avocado

Veggies (juiced) - celery, parsley, cilantro, cucumber, zucchini, asparagus, beets, cauliflower, leeks, carrots

Grains/Starches (sweet, eat with lots of fat) - oats, barley, rice, wheat, amaranth, quinoa, sweet potato

Seeds/Nuts (raw with raw fats) - sunflower, pumpkin, pine nuts, pecans, walnuts

Legumes (minimal use, moist, eat with lots of fat, avoid soy) - dal, split peas

Spices (hot) - ginger, fennel, cumin, coriander, turmeric

Oils (cold-pressed, unheated) – peanut, sesame and olive in small amounts

**Pitta Pacifying Foods:** cool, dry, and heavy - sweet, bitter, and astringent – eat when hungry

**Avoid:** hot, pungent, sour, salty and spicy

Dairy (raw)- whole milk, butter, cream, yogurt, soft unsalted cheeses- swiss, colby, jack

Meat (raw with fat) – eggs, beef, pork, chicken, fish, turkey

Fruits (sweet, raw, small use) – lemon, berries, coconut, dates, fig, avocado, sweet melon, plum, pomegranate

Veggies (juiced) - celery, parsley, cilantro, asparagus, cabbage, cucumber, sprouts, squash,

Grains/Starches – (sweet, cooked with raw butter) - oats, barley, rice, wheat, sweet potatoes

Seeds/Nuts (raw with raw fats) – walnuts, pecans, pine nuts, sunflower

Legumes - dal, split pea (cooked well, avoid soy)

Spices (sweet and cool) - licorice, cardamom, basil, dill, ginger, fennel, coriander

Oils (cold-pressed, unheated) - coconut, sunflower, peanut, and a small amount of sesame

**Kapha Pacifying Foods:** hot, light, dry, sharp - astringent, pungent - eat small amounts

**Avoid:** cold, wet, oily, heavy

Dairy (raw, small amounts) - goat milk and butter in moderation

Meat (raw with fat, white) – eggs, shrimp, freshwater fish, rabbit, venison, small amount of chicken and turkey

Fruits (raw, small use) – lemon, cranberries, pomegranate, dates, berries and small amount strawberry

Veggies (juice, bitter) – celery, parsley, cilantro, asparagus, broccoli, bitter greens, cabbage, garlic, green

beans, fennel, kale, horseradish, leafy greens, leeks, okra, spinach, sprouts, squash, turnips a small amount of brussel sprouts, artichoke and burdock root

Grains/Starches (dry) - barley, buckwheat, couscous, millet, oat bran

Seeds/Nuts (raw with raw fats) – walnuts, pecans, pine nuts, pumpkin seeds, sunflower seeds

Legumes (dry) - most legumes (avoid soy)

Spices (hot) - pepper, chilies, ginger, cinnamon, clove, bay leaves, fenugreek

Oils (cold-pressed, unheated) - small amount olive

**Drinks:** raw milk, raw egg smoothies, veggie juices, Perrier w/lemon and ginger, herbal teas (no caffeine).

**All Types:** Eat organic. Use good food combining (ie do NOT eat fruit or veggies with protein). Avoid: caffeine, sugar, alcohol, water with meal. Avoid irradiated, roasted, or salted nuts and seeds. Eat: raw honey, Baked starches and unleavened bread (tortillas) in moderation. If you eat salads, eat at the end of the day. Avoid ALL soy products. Drink veggie juice (celery, parsley)