

KAPHA FOOD PROGRAM

QUALITIES TO REDUCE: COLD, HEAVY, MOIST

Best = eaten without reservation daily

Small amounts = small portions often or larger portions 1-2 times per week

Avoid = eaten only on rare occasions

Grains	<i>Toasted breads are very good, as they are drier.</i>
Best	Amaranth, barley, basmati rice, buckwheat, corn flour, quinoa
Small Amounts	Millet, rye
Avoid	Oats, long and short grain rice (white or brown), wheat, whole wheat

Dairy	<i>It is best to use raw or organic milk. Milk should be taken warm with a small amount of ginger and cardamom.</i>
Best	Goat milk, skim milk, soymilk
Small Amounts	None
Avoid	Butter, buttermilk, cheese, cream, cottage cheese, ice cream, kefir, sour cream, yogurt

Sweeteners	
Best	Raw honey only. (Look for honey that is more than six months old or store some jars.)
Small Amounts	None
Avoid	Fructose, maple syrup, molasses, raw sugar, white and brown sugar

Oils	<i>Use all oils in small amounts only. Even the best oils, if overused, will aggravate kapha.</i>
Best	Canola, corn, flaxseed, mustard, safflower, soy, sunflower
Small Amounts	None
Avoid	Almond, avocado, castor, coconut, olive, peanut, sesame

Fruits	
Best	Dried fruits as they are not too sweet. Apples, cherries, cranberries, grapefruit, pomegranate, prunes, raisins.
Small Amounts	Apricots, lemon, lime, papaya, pineapple
Avoid	Sweet fruits, avocado, bananas, berries (raspberry, blackberry, blueberry, strawberry), cantaloupe, coconut, dates, figs, grapes, mango, melons, pineapple, oranges, peaches, pears, persimmons, plums, tangerines, watermelon

Vegetables	<i>Vegetables are best eaten raw during the summer and cooked the rest of the year and during times of digestive difficulty. In general, vegetables are good and even the "Avoid" group, if eaten in small amounts, will cause no harm.</i>
Best	Alfalfa sprouts, artichoke, asparagus, green beans, bell peppers, broccoli, Brussels sprouts, cabbage, cauliflower, carrots, celery, chilies, cilantro, corn, kale, lettuce, and other leafy greens, mustard greens, onions, parsley, peas, hot peppers, potatoes, radish, seaweed, spinach, rutabagas/turnips
Small Amounts	Mushrooms, tomatoes
Avoid	Beets, cucumber, eggplant, okra, squash (all), sweet potatoes, water chestnuts, zucchini

Nuts + Seeds	
Best	Pumpkin seeds, sunflower seeds
Small Amounts	Sesame seeds
Avoid	Almonds, Brazil nuts, cashews, coconut, filberts, lotus seeds, macadamia nuts, pecans, pistachio, peanuts, walnuts

Meat	<i>If you choose to eat meat, limit consumption to 2-3 times per week. Meat soups can be particularly nourishing during convalescence. Kapha individuals can thrive as vegetarians.</i>
Best	Chicken or turkey (dark meat only), freshwater fish, rabbit
Small Amounts	Eggs
Avoid	Beef, duck, lamb, pork, seafood, shellfish, venison

Legumes	
Best	Mung beans, red lentils, soybeans (tofu and soymilk), split peas
Small Amounts	Aduki beans, black gram, black beans, fava beans, kidney beans, lima beans, pinto beans
Avoid	Black lentils, chickpeas

Spices	<i>When spicing, the overall spiciness is more important than individual spices. Even some "Avoid" spices can be used if balanced with other spices on the "Best" list. For kapha, food should be spiced hot and never bland.</i>
Best	Anise, basil, bay leaf, black pepper, calamus, chamomile, caraway, cardamom, catnip, cayenne, cinnamon, cloves, coriander, cumin, dill, fennel, fenugreek, garlic, ginger, horseradish, hyssop, marjoram, mustard, nutmeg, oregano, peppermint, poppy seeds, rosemary, saffron, sage, spearmint, star anise, thyme, turmeric. Hot spices are best. Any spice not listed is probably fine.
Small Amounts	None
Avoid	Salt

Condiments	
Best	None
Small Amounts	Catsup, vinegar
Avoid	Mayonnaise, salt

Beverages	<i>These are best taken at room temperature or warm, and never ice cold.</i>
Best	Water, herb teas (spicy and bitter), cranberry juice, green vegetable juices, wheat grass juice
Small Amounts	Carbonated mineral water, coffee, tea
Avoid	Apple juice, carrot juice, orange juice, soft drinks