

# PITTA FOOD PROGRAM

## QUALITIES TO REDUCE: HOT, OILY, LIGHT

Best = eaten without reservation daily

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

Avoid = eaten only on rare occasions

<b>Grains</b>	<i>Best to eat these as a cooked grain or an unyeasted bread. Small amounts of yeast breads are ok. Grains should make a large portion of the diet.</i>
Best	Barley, white basmati rice, millet, oats, white rice, wheat, whole wheat
Small Amounts	Brown rice (only in acute pitta conditions, otherwise it can be used often)
Avoid	Buckwheat, corn flour

<b>Dairy</b>	<i>Best to use raw or organic milk. Milk should be taken warm with a small amount of ginger and cardamom.</i>
Best	Unsalted butter, cottage cheese, cream cheese, ghee, milk
Small Amounts	Hard, non-salted cheeses
Avoid	Buttermilk, salted cheeses, sour cream, kefir, cultured milks, yogurt

<b>Sweeteners</b>	
Best	Maltose, maple syrup, rice syrup
Small Amounts	Dextrose, fructose, honey, table sugar
Avoid	Molasses, raw sugar

<b>Oils</b>	
Best	Ghee, olive oil
Small Amounts	Avocado, canola, corn, coconut, soy, sunflower
Avoid	Almond, castor, flaxseed, margarine, mustard, peanut, safflower, sesame

<b>Fruits</b>	<i>Sweet and ripe fruits are best. Avoid sour fruit.</i>
Best	Apples, avocados, blackberries, blueberries, cantaloupe, coconut, cranberries, dates, dried fruit, figs, grapes, lemons, limes, nectarines, pineapple, prunes, raisins, raspberries, strawberries
Small Amounts	Apricots, bananas (very ripe only), cherries, grapefruit, oranges, pineapple
Avoid	All sour fruits, such as sour oranges (mandarin), sour pineapple, sour plums, papaya, olives, tangerines, and all unripe fruit

<b>Vegetables</b>	<i>Vegetables are best eaten fresh. You may eat large amounts. Eat them cooked in the winter or if digestion is weak. Eat them raw in the summer if your digestion is strong. Fresh green vegetable juices are very good. Those with arthritis should avoid all nightshades.</i>
Best	Alfalfa sprouts, artichoke, asparagus, bean sprouts, bell peppers, bitter melon, broccoli, Brussels sprouts, cabbage, cauliflower, celery, cilantro, cress, cucumber, green peppers, kale, leafy greens, lettuce, mushrooms, onions (well-cooked), peas, pumpkin, seaweed, squash, zucchini
Small Amounts	Avocado, beets, carrots, corn, eggplant, garlic (well cooked), parsley, potatoes, spinach, sweet potatoes, vine-ripened tomatoes
Avoid	Chilies, hot peppers, mustard greens, onion (raw), radishes, tomato paste, tomato sauce and any hot or pungent vegetable

<b>Nuts + Seeds</b>	
Best	Coconut, sunflower, pumpkin seeds
Small Amounts	Pine nuts, sesame seeds
Avoid	Almonds, Brazil nuts, cashews, filberts, macadamia nuts, pecans, pistachio, peanuts, and any other nut not mentioned

<b>Meat</b>	<i>If you choose to eat meat, limit consumption to 2-3 times per week.</i>
Best	Chicken, egg whites, freshwater fish (trout), turkey
Small Amounts	Beef, duck, egg yolk, lamb, pork, sea fish, venison, any other red meat
Avoid	None

<b>Legumes</b>	
Best	Black lentils, chickpeas, mung beans, split peas, soybeans (soy products), tofu
Small Amounts	Aduki beans, kidney beans, navy beans, pinto beans
Avoid	Red and yellow lentils

<b>Spices</b>	<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 pitta, food should be spiced mild to moderate and never very hot or bland.</i>
Best	Cardamom, catnip, chamomile, coconut, coriander, dill, fennel, lemon verbena, peppermint, saffron, spearmint, turmeric
Small Amounts	Basil, bay leaf, black pepper, caraway, cinnamon, cumin, ginger (fresh), oregano, rosemary, thyme
Avoid	Anise, asafoetida, calamus, Cayenne pepper, cloves, fenugreek, garlic (raw), ginger (dry), horseradish, hyssop, marjoram, mustard seeds, nutmeg, poppy seeds, sage, star anise

<b>Condiments</b>	
Best	Carob sweetened with the best sweeteners noted above
Small Amounts	Mayonnaise, sweet mustards
Avoid	Chocolate, salt, vinegar

<b>Beverages</b>	
Best	Water, green juices, bitter and astringent herb teas such as alfalfa, chicory, dandelion, hibiscus, and strawberry leaf (found in grain beverages), milk.
Small Amounts	Chai tea or black tea, diluted fruit juice with one-half water
Avoid	Alcohol, carbonated water, coffee, sweet fruit juices, spicy herb teas, soft drinks, tomato juice