

PITTA-KAPHA FOOD PROGRAM

QUALITIES TO REDUCE: HOT, 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>These may be eaten as a cooked grain or as yeasted bread.</i>
Best	Barley, basmati rice, corn flour products (except corn chips), rye
Small Amounts	Amaranth, millet, quinoa, rice (brown)
Avoid	Buckwheat, oats, wheat, white sticky rice

Dairy	<i>Best to use raw or organic milk products. Milk should be taken warm with a small amount of spices such as ginger and cardamom.</i>
Best	Skim milk
Small Amounts	Ghee, goat milk, low-fat yogurt
Avoid	Butter, buttermilk, cheeses (hard and soft), cottage cheese, cream, kefir, ice cream, milk (whole), sour cream, yogurt (frozen), yogurt (whole milk)

Sweeteners	<i>Overuse of any sweetener will eventually cause an imbalance.</i>
Best	Stevia
Small Amounts	Fresh honey
Avoid	Brown sugar, date sugar, dextrose, fructose, grape sugar, honey (older than 6 months), maltose, maple sugar, maple syrup, molasses, rice syrup, white table sugar

Oils	<i>Oils, being heavy and moist, should generally be used in small amounts in pitta/kapha types. The best oils are lighter, drier and cooler.</i>
Best	Canola, corn, soy, sunflower
Small Amounts	Safflower
Avoid	Almond, avocado, castor, coconut, flaxseed, lard, mustard, peanut, sesame

Fruits	<i>As fruits tend to be light and cooling, they are generally good for pitta/kapha types. Because they contain a lot of water, overuse can aggravate kapha. Dried fruits are the best, though fresh fruit may be taken as well. Greater amounts may be eaten in the summer and less the rest of the year. Most sour fruits have the unique effect (prabhav) of being cooling, despite the presence of fire in their taste. This makes them good for pitta, though they may still aggravate kapha in excess.</i>
Best	Apples, blueberries, cranberries, lemon, lime, pomegranate
Small Amounts	Apricots, blackberries, cantaloupe, cherries, grapefruit, jujube, nectarines, oranges, peaches, pears, persimmons, pineapple (sweet), plums, raspberries, tangerines, watermelon
Avoid	Dates, figs, grapes, mango, papaya, pineapple (sour), strawberries

Vegetables	<i>Raw vegetables are best in the summer. A mixture of raw and cooked may be eaten the rest of the year. Being light and cool, most vegetables reduce both pitta and kapha and thus should be eaten in great abundance.</i>
Best	Alfalfa sprouts, artichokes, asparagus, bean sprouts, bell peppers, bitter melon, broccoli, Brussels sprouts, cabbage, cauliflower, celery, cilantro, cress, green beans, green peppers, kale, leafy lettuce greens, lettuce, mushrooms, parsley, peas (green, snow), pumpkin, sunflower sprouts, sweet peas, turnips
Small Amounts	Beets, carrots, corn, cucumber, eggplant, garlic (cooked), leeks, mustard greens, okra, onion (fresh), parsley, potatoes, seaweed, spinach, squash (yellow), tomatoes (sweet)
Avoid	Avocado, chilies, Jerusalem artichoke, radish, squash (acorn, winter) tomato paste

Nuts + Seeds	<i>Heavy, oily and slightly warm, most nuts aggravate pitta/kapha individuals. Seeds are best, as they are lighter and drier.</i>
Best	Pumpkin seeds, sunflower seeds
Small Amounts	Filberts, pine nuts, sesame seeds
Avoid	Almonds, Brazil, cashews, coconut, lotus seeds, macadamia, peanuts, pecans, pistachio, walnuts

Meat	<i>White meat is more balancing than dark meat.</i>
Best	None
Small Amounts	Chicken, egg (white), freshwater fish, turkey
Avoid	Beef, duck, egg (yolk), lamb, pork, seafood, venison

Legumes	Beans tend to be dry, cool and somewhat heavy. Moderate use is generally all right for pitta/kapha types. They should be taken with spices to assist digestion. Soaking beans before cooking makes them easier to digest. Of all the beans, tofu and mung are the very best.
Best	Aduki beans, black gram, fava beans, kidney beans, lima beans, mung beans, navy beans, peas (split), pinto beans, soybeans, tofu
Small Amounts	Black beans
Avoid	Chickpeas, lentils, peanuts, tempeh

Spices	<i>Spices aid the digestion and absorption of nutrients as well as improve flavor. As pitta/kapha individuals generally feel warm, mild to moderate spicing is good and care should be taken so that the overall spiciness of the food is not too hot. It is the overall effect of spicing that is most important and not the individual spice used. Large amounts of the best spices are best used to enhance flavor.</i>
Best	Cardamom, catnip, chamomile, coriander, cumin, curry leaves, fennel, lemon verbena, peppermint, saffron, spearmint, turmeric
Small Amounts	Allspice, anise, basil, bay leaves, caraway, dill, fenugreek, ginger (fresh), hyssop, oregano, paprika, parsley, poppy seeds, rosemary, sage, star anise, tarragon, thyme
Avoid	Asafoetida, black pepper, calamus, Cayenne pepper, celery seed, cinnamon, cloves, garlic (raw), ginger (dry), horseradish, marjoram, mustards (hot), nutmeg, salt

Condiments	
Best	None
Small Amounts	Carob (sweetened with proper sweeteners)
Avoid	Catsup, chocolate, mayonnaise, vinegar

Beverages	<i>These are best taken at room temperature or warm, and never ice cold.</i>
Best	Green vegetable juices, tea (chamomile, mint, spice teas from the spices best list), water, water with lemon
Small Amounts	Naturally carbonated pure juice drinks with no sugar added
Avoid	Alcohol, black tea, coffee (caffeinated and decaffeinated), fruit juices (sweet), soft drinks, soda (sweetened), spicy teas