

TRIDOSHIC FOOD PROGRAM

QUALITIES TO REDUCE: HOT, DRY, HEAVY

Best = eaten daily without reservation

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	White basmati rice
Small Amounts	Amaranth, barley, brown rice, buckwheat, corn flour products, millet, quinoa
Avoid	Oats, wheat

Dairy	<i>It is best to use raw or organic milk products. Milk should be taken warm with a small amount of spices such as ginger and cardamom. Ghee is best used with mild spices.</i>
Best	Ghee, 2% milk
Small Amounts	Butter, buttermilk, cottage cheese, cream, goat milk, kefir, sour cream, whole cow's milk
Avoid	Hard cheese, ice cream, frozen yogurt

Sweeteners	<i>Overuse of any sweetener will eventually cause an imbalance.</i>
Best	Fresh honey
Small Amounts	Date sugar, dextrose, fructose, grape sugar, old honey, maltose, maple sugar, maple syrup, molasses, rice syrup, stevia
Avoid	White table sugar

Oils	<i>The best oils that should be relied on are lighter, cooler and drier. Other oils may be used occasionally.</i>
Best	Canola, corn, soy, sunflower
Small Amounts	Almond, avocado, castor, coconut, flaxseed, lard, mustard, olive, peanut, sesame, margarine, safflower
Avoid	None

Fruits	<i>Fruits tend to be light, cool and moist. Thus, they have the ideal balance of qualities to bring balance to tridoshic individuals and thus can make up a significant portion of the diet. The fruits listed under "Best", while not necessarily perfectly tridoshic, will not cause any serious imbalance.</i>
Best	Apricots, blackberries, blueberries, cherries, grapefruit, grapes, jujube, lemon, lime, mango, nectarines, oranges, papaya, peaches, pears, pineapple, plums (sweet), pomegranate, raspberries, tangerines, watermelon
Small Amounts	Apples, bananas, cantaloupe, cranberries, dates, figs, persimmons
Avoid	Plums (sour), strawberries

Vegetables	<i>Vegetables are generally light, cool and dry. If cooked with water or oil, they become moist and slightly warmer. The best vegetables may be eaten regularly as a substantial part of the diet.</i>
Best	Bean sprouts, cauliflower, parsley, potatoes, sunflower sprouts
Small Amounts	Alfalfa sprouts, artichokes, asparagus, avocado, beans (green), beets, bitter melon, broccoli, Brussels sprouts, cabbage, carrots, celery, cilantro, corn, cress, cucumber, eggplant, garlic (cooked), Jerusalem artichoke, kale, leeks, lettuce, mushrooms, mustard greens, okra, onion, peas (sweet), peppers (bell and green), pumpkin, radish, seaweed, spinach, squash (yellow, acorn, winter), tomatoes (sweet), turnips
Avoid	Hot chili peppers

Nuts + Seeds	<i>Heavy, oily, and slightly warm, most nuts would aggravate tridoshic individuals if relied upon as a staple. However, using them in small amounts is advised and it will not cause any imbalance.</i>
Best	Pumpkin seeds, pine nuts, sunflower seeds
Small Amounts	Almonds, Brazil, cashews, coconut, filberts, lotus seeds, macadamia, peanuts, pecans, pistachio, sesame seeds, walnuts
Avoid	None

Meat	
Best	None
Small Amounts	Beef, chicken, duck, egg, fish, lamb, pork, turkey
Avoid	None

Legumes	<i>Beans tend to be dry, cool, and somewhat heavy. Those listed under "Best" are tridoshic. All beans should be taken with spices to assist digestion.</i>
Best	Mung beans, tofu
Small Amounts	Aduki beans, black beans, black gram, chickpeas, fava beans, kidney beans, lentils, lima beans, navy beans, peanuts, pinto beans, soybeans, tempeh
Avoid	None

Spices	<i>Spices aid the digestion and absorption of nutrients and they improve flavor. As tridoshic individuals generally feel warm, only moderate spicing is appropriate 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. Hence, even those listed under "Avoid" may be used but in the smallest amounts.</i>
Best	Cardamom, catnip, chamomile, coriander, cumin, fennel, lemon verbena, peppermint, saffron, spearmint, turmeric
Small Amounts	Allspice, anise, asafetida, basil, bay leaves, black pepper, calamus, caraway, celery seed, cinnamon, curry leaves, dill, fenugreek, hyssop, marjoram, nutmeg, oregano, paprika, parsley, poppy seeds, rosemary, sage, salt, star anise, tarragon, thyme
Avoid	Cayenne pepper, cloves, garlic (raw), ginger (dry), horseradish, mustards (hot)

Condiments	
Best	None
Small Amounts	Catsup, mayonnaise, vinegar
Avoid	None

Beverages	<i>These are best taken at room temperature or warm, and never ice cold.</i>
Best	Water, water with lemon, herb teas with spices as listed
Small Amounts	Black tea, green vegetable juices, natural carbonated pure juice drinks
Avoid	Alcohol, coffee (caffeinated and decaffeinated), fruit juices (sweet), soda pop (sweetened), soft drinks