

VATA FOOD PROGRAM

QUALITIES TO REDUCE: LIGHT, COLD, DRY

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>Best as a cooked grain or an unyeasted bread. Small amounts of yeast breads are fine.</i>
Best	Amaranth, oats (cooked), quinoa, rice (white or brown), wheat
Small Amounts	Barley, millet
Avoid	Buckwheat, corn flour (chips, bread, and tortillas), dry oats (granola), polenta, rye

Dairy	<i>Best to use raw or organic milk. Milk should be taken warm with a small amount of ginger and cardamom.</i>
Best	Butter, buttermilk, kefir, milk, sour cream, yogurt (fresh)
Small Amounts	Hard cheeses
Avoid	Ice cream, frozen yogurt

Sweeteners	<i>Moderation is important. Overuse of even the best sweeteners will increase vata.</i>
Best	Raw, uncooked honey, jaggery (raw sugar), maltose, maple syrup, molasses, rice syrup, sucanat
Small Amounts	Date sugar, grape sugar
Avoid	Brown sugar, white sugar

Oils	
Best	Almond, ghee, sesame
Small Amounts	Avocado, castor, coconut, flaxseed, mustard, olive, peanut, sunflower
Avoid	Safflower

Fruits	<i>Sweet fruits are best.</i>
Best	Baked apples, apricots, avocados, bananas (ripe), blackberries, cantaloupe, cherries, coconut, cranberry sauce, dates (not dry), figs (fresh), grapefruit, grapes, lemons, mangos, nectarines, oranges, papaya, peaches, pears, persimmons, pineapple, plums, raspberries, strawberries (ripe), tangerines
Small Amounts	Apples (sour is best), pomegranate
Avoid	Dried fruit of any kind, cranberries

Vegetables	<i>Cooked vegetables are best because they are easier to digest.</i>
Best	Avocado, beets, carrots (not as a juice), leeks, mustard greens, okra, onions (well cooked), parsnips, shallots, acorn squash, winter squash, sweet potatoes, tomatoes, water chestnuts
Small Amounts	Broccoli, cauliflower, celery, corn, cucumber, eggplant, green beans, kale, medium chilies and hot peppers, mushrooms, potatoes, radishes, seaweed, spinach, sweet peas, zucchini. The following may be eaten uncooked with a creamy or oily dressing: lettuce, spinach, and any leafy green (occasional use only and with a spicy, heavy dressing)
Avoid	Alfalfa sprouts, artichokes, asparagus, bean sprouts, Brussels sprouts, cabbage (even cooked), raw vegetables, snow peas

Nuts + Seeds	<i>Lightly roasted nuts are best. Dry roasting should be avoided. Salted nuts are fine. Nut butters are highly recommended except for peanut butter.</i>
Best	Almonds
Small Amounts	Cashews, filberts, pecans, piñon, pistachio, pumpkin seeds, sesame seeds, sunflower seeds, and any other nut not mentioned
Avoid	Peanuts

Meat	<i>If you choose to eat meat, limit consumption to 2-3 times per week. Meat soups can be particularly nourishing during convalescence.</i>
Best	Chicken and turkey (dark meat), beef, duck, eggs, freshwater fish, lamb, pork, seafood, venison
Small Amounts	Chicken and turkey (white meat), shellfish
Avoid	None

Legumes	
Best	Mung beans
Small Amounts	Cashews, filberts, pecans, piñon, pistachio, pumpkin seeds, sesame seeds, sunflower seeds, and any other nut not mentioned
Avoid	Aduki beans, black beans, chickpeas, fava beans, kidney beans, lentils, Mexican beans, navy beans, pinto beans, soybeans (except as tofu or soy milk)

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 vata, food should be spiced moderately and never very hot or bland.</i>
Best	Anise, basil, bay leaf, caraway, cardamom, catnip, cinnamon, clove, cumin, dill, fennel, fenugreek, garlic, ginger (fresh), marjoram, mustard, nutmeg, oregano, pepper, peppermint, poppy seeds, rosemary, saffron, sage, spearmint, thyme, turmeric
Small Amounts	Cayenne pepper, cilantro, ginger (dry), horseradish, mustards (very hot), parsley
Avoid	None

Condiments	
Best	Mayonnaise, vinegar
Small Amounts	Catsup
Avoid	Carob, chocolate

Beverages	
Best	Room temperature or warm water, spicy teas such as chamomile, cinnamon, clove, and ginger
Small Amounts	Diluted fruit juices
Avoid	All alcohol, black tea, carbonated mineral water, coffee, fruit juices, soft drinks