

VATA-KAPHA FOOD PROGRAM

QUALITIES TO REDUCE: COLD, 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>It is best to eat these as cooked grains, though a small amount of bread may be eaten.</i>
Best	Amaranth, barley, basmati rice, brown rice, buckwheat, quinoa, wild rice
Small Amounts	Millet, rye
Avoid	Corn flour, oats, rice (sticky, white, short or long grain), wheat

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. Ghee and yogurt should also be used with warm spices.</i>
Best	Buttermilk, ghee, 2% milk, low-fat yogurt
Small Amounts	Kefir, sour cream, yogurt (whole milk)
Avoid	Butter, cheeses, cottage cheese, ice cream, frozen yogurt

Sweeteners	<i>Overuse of any sweetener will eventually cause an imbalance. Those listed under "Small Amounts" are more likely to cause imbalance with regular usage and should not be used more than once each month.</i>
Best	Honey
Small Amounts	Jaggery, molasses, sucanat
Avoid	Date sugar, dextrose, fructose, grape sugar, maltose, maple sugar, maple syrup, rice syrup, white table sugar

Oils	<i>Oils are very important and should be used abundantly if the skin is dry. Though generally heavy, the lighter oils will not aggravate kapha. Ghee should be used with warm spices.</i>
Best	Flaxseed, ghee, mustard, safflower
Small Amounts	Almond, canola, castor, corn, margarine, olive, peanut, sesame, soy
Avoid	Avocado, coconut, lard, sunflower

Fruits	<i>Fruits are best when they are sour and not overly ripened or sweet. These will bring balance to both doshas. In general, due to their cooling effects on the body, their intake should be consumed in small amounts. The best fruits may be taken in greater amounts. Fruit in general should not be a staple of the diet but is all right for occasional use.</i>
Best	Apricots, grapefruit, lemon, papaya
Small Amounts	Apples (baked is best), banana (sour), blueberries, blackberries, cranberries, cherries, lime, mango, oranges (sour), pineapple, plums (sour), pomegranate, prunes, raspberries, tangerines
Avoid	Avocado, banana (sweet), coconut, dates, figs, grapes (sweet), jujube, melons (watermelon, cantaloupe), oranges (sweet), nectarines, peaches, pears, persimmons, plums (sweet), raisins, strawberries

Vegetables	<i>The diet should consist primarily of cooked vegetables. However, occasional use of raw vegetables is all right as long as there is no constipation or gas.</i>
Best	Artichoke (with a spicy, oily dressing), beets, carrots, cauliflower, chili peppers, corn (fresh), green beans, leeks, mung bean sprouts, mustard greens, onion, parsley, potato, radish, sunflower sprouts, tomato
Small Amounts	Alfalfa sprouts, avocado, bell peppers, broccoli, Brussels sprouts, celery, cilantro, kale, lettuce, mushrooms, okra, peas (green, snow), rutabagas, seaweed, spinach, squash (zucchini, crookneck), Swiss chard, turnips
Avoid	Asparagus, bitter melon, cabbage, cucumber, eggplant, Jerusalem artichoke, squash (acorn, winter), sweet potato, yams

Nuts + Seeds	<i>These should be taken lightly dry roasted to assist digestion and only very lightly salted if at all. Nut butters, except for peanut, may also be eaten.</i>
Best	Pumpkin seeds, sunflower seeds, pine nuts
Small Amounts	Filberts
Avoid	Almonds, Brazil, cashews, coconut, lotus seeds, macadamia, peanuts, pecans, pistachio, walnuts

Meat	
Best	None
Small Amounts	Chicken and turkey (dark meat), fish (fresh river and sea)
Avoid	Beef, duck, pork, lamb, shellfish

Legumes	<i>Legumes are best taken well-cooked with warm spices, as they can be hard to digest. Soaking them before cooking improves digestibility as well. As they contain earth and air, they are heavy and dry which can harm both doshas when digestion is weak. Those listed as "Best" are easiest to digest and usually will not cause harm.</i>
Best	Mung beans, soy milk, tempeh, tofu
Small Amounts	None
Avoid	Aduki beans, black beans, black gram, chickpeas, fava beans, kidney beans, lentils, lima beans, navy beans, peas (dry or split), pinto beans, soybeans

Spices	<i>Spices aid the digestion and absorption of nutrients and they improve flavor. Warm and hot spices are recommended for vata/kapha types. It is the overall effect of spicing that is most important and not the individual spice used. If food becomes too hot it may contribute to greater dryness. Hence, the hottest spices should be used in moderation. Food should never be bland.</i>
Best	Allspice, anise, asafoetida, basil, bay leaf, black pepper, caraway, catnip, cayenne, celery seed, chamomile, cloves, coriander, cumin, curry powder, dill, fennel, fenugreek, garlic, ginger, horseradish, hyssop, lemon verbena, marjoram, mustard seed, nutmeg, oregano, paprika, parsley, peppermint, poppy seed, rosemary, saffron, sage, spearmint, star anise, tarragon, thyme, turmeric
Small Amounts	Salt
Avoid	None

Condiments	
Best	Vinegar
Small Amounts	Catsup, carob (with proper sweeteners), chocolate (with proper sweeteners)
Avoid	Mayonnaise

Beverages	<i>Beverages are best taken at room temperature or warm, and never ice cold.</i>
Best	Chamomile tea, licorice tea, mint tea, spicy teas, water
Small Amounts	Sour fruit juices (cranberry, lemon, lime, pineapple, pomegranate), vegetable juices. Diluted fruit juices preferred.
Avoid	Alcohol, black tea, coffee (caffeinated and decaffeinated), soft drinks, sweet fruit juices, sweetened soda pop