

VATA-PITTA FOOD PROGRAM

QUALITIES TO REDUCE: LIGHT, HOT, 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 to eat as cooked grain or as unyeasted bread</i>
Best	Amaranth, oats (cooked), quinoa, rice (white or brown), wheat
Small Amounts	Barley, millet, quinoa, rice (brown or white, short or long grain), rye
Avoid	Buckwheat, corn flour products, dry oats

Dairy	<i>Best to use raw or organic milk. Milk should be taken warm with a small amount of spices such as ginger and cardamom.</i>
Best	Butter, cottage cheese, cream cheese, ghee, milk (whole), paneer cheese
Small Amounts	Buttermilk, hard non-salted cheeses, kefir, sour cream, yogurt
Avoid	Ice cream, frozen yogurt

Sweeteners	<i>Overuse of any sweetener will eventually cause an imbalance</i>
Best	Honey (fresh), maltose, maple sugar, maple syrup, rice syrup
Small Amounts	Date sugar, dextrose, fructose, grape sugar, jaggery, molasses, sucanat
Avoid	White table sugar

Oils	<i>Oils are very important and should be used abundantly if the skin is dry. They alleviate dryness and are generally heavy and nourishing.</i>
Best	Avocado, coconut, ghee, olive oil, sunflower
Small Amounts	Almond, castor, corn, flaxseed, sesame, soy
Avoid	Canola, lard, margarine, mustard, peanut, safflower

Fruits	<i>Fruits are best when they are well-ripened and sweet. These will bring balance to both doshas. In general, due to their lightness, their intake should be consumed in moderation.</i>
Best	Apricots, avocado, bananas (very well-ripened), blackberries, blueberries, cantaloupe, coconut, dates, figs, jujube (cooked), grapes, lemons, limes, mango, nectarines, oranges (sweet), papaya (sweet), peaches, pears, persimmons, plums (sweet), pomegranate, prunes, raisins, raspberries, strawberries
Small Amounts	Apples, bananas, cherries, cranberries, grapefruit, sweet pineapple, tangerines, watermelon
Avoid	Dry fruit, jujube (dry), olives, oranges (sour), papaya (sour), pineapple (sour), plums (sour)

Vegetables	<i>Cooked vegetables are best as they are more nourishing and easier to digest. Only leafy greens may be eaten raw with dressing. More raw salads may be eaten in the hot summer if digestion is strong and there is little gas or constipation.</i>
Best	Artichoke (with oily dressing), avocado, bean sprouts, cauliflower, cilantro, corn, Jerusalem artichoke, leeks, okra, onion (cooked), potato, pumpkin, seaweed, squash (acorn, winter, crookneck, zucchini, etc.), sunflower sprouts, tomato (sweet vine ripened)
Small Amounts	Alfalfa sprouts, asparagus, beets, bell pepper, bitter melon, broccoli, Brussels sprouts, carrot, celery, cucumber, eggplant, green beans, kale, lettuce (raw), mushrooms, mustard greens, parsley, peas (sweet), spinach, sweet potato, tomato (sour), turnips
Avoid	Cabbage, chilies, hot peppers, radishes, raw onion, tomato paste and sauce

Nuts + Seeds	<i>These should be eaten 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	Coconut, pine nuts, sunflower seeds
Small Amounts	Almonds, Brazil nuts, cashews, lotus seeds, macadamia, pecans, pistachio (non-salted), pumpkin seeds
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 (white meat), egg, freshwater fish, pork, turkey (white meat)
Small Amounts	Beef, duck, lamb, seafood, venison
Avoid	Dark meat of chicken or turkey, shellfish

Legumes	<i>Those listed in "Small Amounts" are best as a dal or a spread with spices added. When digestion is weak or constipation present, even those beans listed under "Small Amounts" should be avoided.</i>
Best	Mung beans, tofu
Small Amounts	Aduki beans, black gram, chickpeas, kidney beans, black lentils, navy beans, pinto beans, soy beans, split peas
Avoid	Fava beans, red and yellow lentils

Spices	<i>Spices aid the digestion and absorption of nutrients and improve the flavor. Food should have an overall spicing effect of being warming but not hot. It is the overall effect of spicing that is most important and not the individual spice used. You may use large amounts of the best spices and even very small amounts of the avoid spices. Food should never be bland.</i>
Best	Bay leaf, caraway, cardamom, catnip, chamomile, cilantro, coriander, cumin, dill, fennel, lemon verbena, peppermint, rosemary, saffron, spearmint, turmeric
Small Amounts	Anise, basil, cinnamon, fenugreek, ginger (fresh), marjoram, nutmeg, oregano, poppy seeds, sage, salt, star anise, thyme
Avoid	Asafoetida, black pepper, calamus, cayenne, cloves, garlic (raw), ginger (dry), horseradish, hot mustards, hyssop

Condiments	
Best	None
Small Amounts	Carob, mayonnaise
Avoid	Catsup, chocolate, tamari, vinegar

Beverages	<i>These are best taken at room temperature or warm and never ice cold.</i>
Best	Chamomile tea, licorice tea, mild spice teas, milk, mint tea, water
Small Amounts	Carrot juice (diluted), fruit juices (diluted), naturally flavored soda and juice beverages, tea (black or green)
Avoid	Alcohol, coffee (caffeinated and decaffeinated), soft drinks, very spicy tea, tomato juice, vegetable juices (green)