






VATA-PITTA DIET CHART

FOOD TYPE	FAVOR	LIMIT
<p style="text-align: center;">FRUITS</p> 	<p>Most sweet, ripe, juicy fruits; stewed apples (with ghee and cardamom), applesauce, avocado, sweet berries (avoid sour), coconut, fresh dates, fresh figs, red grapes, limes, pears, ripe-sweet mangoes (avoid sour or green), melons, sweet-ripe peaches, sweet-ripe plums, soaked prunes, soaked dates, soaked figs, soaked raisins</p>	<p>All dried fruits, all sour fruits, unripened fruit, all citrus (except lime), raw apples, cranberries, kiwi, tamarind, green mango, green grapes, dry figs, persimmons, dry prunes, dry raisins</p>
<p style="text-align: center;">VEGGIES</p> 	<p>Most well-cooked or steamed veggies; asparagus, beets, cooked broccoli, carrots, cilantro, cucumber in moderation (raw is alright in summer), cooked cauliflower, fennel, green beans, green onion, leeks, okra, sweet or yellow onion (cooked), parsnip, peas, sweet potato, pumpkin, winter and summer squash, zucchini, cooked kale (in moderation), cooked spinach (in moderation)</p>	<p>All frozen or raw veggies; raw salads, bitter melon, raw broccoli, brussel sprouts, cabbage, raw cauliflower, celery, corn, raw leafy greens, kohlrabi, mushrooms, olives; nightshades including tomato, white potato, peppers, and eggplant; radish, turnips, wheatgrass, sprouts, garlic</p>
<p style="text-align: center;">GRAINS</p>	<p>Amaranth, buckwheat, cooked oats (steel cut oats are best), quinoa, brown rice, well-cooked millet (made with ghee, oil, or milk only), sprouted wheat bread, 100% whole wheat (in moderation), spelt</p>	<p>All refined grains, all uncooked or dry grains, bread with yeast, dry cereal, corn, couscous, crackers, granola, dry millet, muesli, oat bran, dry oats, rice cakes, rye, dry toast, wheat bran</p>

<p style="text-align: center;">DAIRY</p> 	<p>Organic and whole fat milk (heated and spiced), buttermilk, cheese in moderation (soft or homemade paneer is best), ghee, unsalted butter, homemade yogurt, homemade kefir, lassi (not mango lassi)</p>	<p>Cold milk, powdered milk; hard, aged cheese; cheese in excess, ice cream, sour cream, store bought yogurt, salted butter</p>
<p style="text-align: center;">LEGUMES</p>	<p>Red lentils, mung beans, mung dal</p> <p>*All legumes should be soaked overnight to help the digestion</p>	<p>Adzuki beans, black beans, black-eyed peas, chickpeas, kidney beans, brown lentils, lima beans, miso, navy beans, split peas, pinto beans, soybeans, soy flour, soy powder, tempeh</p>
<p style="text-align: center;">NUTS AND SEEDS</p> 	<p>Raw and unsalted best; almonds (soaked and skins removed), coconut, soaked chia seed, ground flax seed, pumpkin seeds, hemp seeds, sunflower seeds</p>	<p>Popcorn, peanuts, almonds with peel, cashews, walnuts (alright in moderation), sesame seeds (alright in moderation), brazil nuts, hazel nuts; all roasted and salted nuts or seeds</p>
<p style="text-align: center;">OILS</p>	<p>Ghee, olive oil, sunflower oil, flaxseed oil, coconut oil, sweet almond oil (in moderation), avocado oil</p>	<p>Sesame oil, peanut oil, vegetable oil, canola oil, corn oil, safflower oil, mustard oil</p>
<p style="text-align: center;">SPICES</p> 	<p>Cooling to warming spices; cumin, coriander, fennel, turmeric, fresh ginger, pippali, cardamom, cloves, mint, basil, parsley, cilantro</p>	<p>Heating spices; cayenne, cinnamon (in moderation alright), oregano, dry ginger, fenugreek, garlic, mustard seeds, rosemary, thyme</p>
<p style="text-align: center;">SWEETENERS</p>	<p>Fruit juice concentrates, coconut sugar, date sugar, dates, honey (raw and in moderation), jaggery (in moderation), maple syrup, sucanat, turbinado</p>	<p>Agave, white sugar, refined sugars, honey that has been heated</p>

