

The following list categorizes foods according to their tastes. When a food has only *one* of the two tastes indicated, and/or has an *additional taste*, that information is in parentheses. Occasionally, certain

additional characteristics or *gunas* (see page 60) appear in italics after a food; these qualities can render an otherwise unallowable food permissible for a particular body type.

TASTE (RASA) AND ENERGY (VIRYA) OF EACH FOOD

VEGETABLES

Sweet/Astringent; Cooling

Asparagus	Green beans	Spinach (astringent, pungent)
Broccoli	Jerusalem artichoke	Sprouts (astringent, pungent)
Cabbage (pungent)	(astringent, bitter)	Sweet potatoes
Cassava	Lettuce (astringent)	Taro potatoes (salty)
Cauliflower (astringent)	Okra	Winter squash: acorn,
Celery (astringent)	Parsnip	buttercup, butternut,
Cucumbers	Peas (pungent)	spaghetti
Gourd squash	Potatoes, white (salty)	Zucchini (pungent)

Bitter/Astringent; Cooling

Arugula (bitter)	Endive (bitter)	Karela (bitter)
Collards (bitter)	Kale (bitter)	Sprouts (astringent)
Dandelion greens		

Sweet/Pungent; Heating

Artichoke (sweet, astringent)	Eggplant (astringent, bitter)	Peppers (pungent)
Beets	Garlic (pungent)	Plantain (pungent,
Beet greens	Horseradish (pungent)	astringent)
Bell peppers (pungent)	Landcress (pungent)	Radish (pungent)
Brussels sprouts (pungent,	Leeks	Tomatoes (sour)
astringent)	Mushrooms (sweet,	Turnips (pungent,
Burdock root (astringent, bitter)	astringent)	astringent)
Carrots (pungent, astringent)	Olives, black	Turnip greens
Corn, fresh (sweet, astringent)	Onions	(pungent, astringent)
Daikon (pungent)	Parsley (pungent)	Watercress

FRUITS

Sweet/Astringent; Cooling

Apples	Dates (sweet)	Pears
Avocado	Figs, ripe	Prunes (sweet)
Berries	Grapes, purple	Raisins
Coconut (sweet)	Melon (sweet)	Watermelon



Sour; Cooling

Lemons	Pomegranate (sweet, astringent)	Strawberries (sour, sweet)
Limes (bitter)	Quince (sour, sweet)	Tamarind
Mango, green		

Sweet/Sour; Heating

Cantaloupe (sweet)	Oranges	Pineapple
Grapes, green	Papaya	Soursop

Sweet/Astringent; Heating

Apricots	Cranberries(sour)	Persimmon
Bananas (sweet, sour)	Mango, ripe (sweet)	Plums
Cherries (sweet, sour)	Peaches	Rhubarb

Sweet/Sour; Cooling

Rhubarb	Strawberries
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GRAINS

Sweet/Astringent; Cooling

Barley	Cereals (sweet)	Wheat bran (sweet)
Basmati rice (sweet)	Wheat (sweet)	White rice (sweet)

Sweet/Astringent; Heating

Brown rice (sweet)	Corn (sweet; dry)	Oats (sweet; dry)
Buckwheat	Millet (sweet; dry)	Rye
Cornmeal (sweet; dry)	Oat bran (sweet; dry)	Triticale

Pungent/Sweet; Heating

Amaranth	Quinoa (pungent)
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BEANS, LEGUMES, AND PEAS

Sweet/Astringent; Cooling

Aduki beans	Lima beans	Split peas
Black beans	Mung dhal	Tofu
Black-eyed peas	Pinto beans	White beans
Chickpeas	Soybeans	

Sweet/Astringent; Heating

Kidney beans	Navy beans	Urad dhal
Lentils, brown and red	Toor dhal (sweet)	

Pungent/Astringent; Heating

Tempeh



SPICES, HERBS, CONDIMENTS, AND SEAWEEDS

Pungent/Heating

Allspice	Cloves (<i>aromatic</i>)	Parsley
Ajwan	Curry powder (bitter)	Pippali
Anise	Ginger (sweet)	Rosemary (bitter)
Asafoetida	Horseradish	Sage (bitter, astringent)
Basil	Marjoram	Savory
Bayleaf	Mustard seeds	Star anise
Black pepper	Nutmeg	Tarragon (bitter)
Caraway	Oregano	Thyme
Cayenne	Paprika	Turmeric (bitter)
Celery seed		

Pungent/Sweet; Heating

Cardamom	Garam masala (bitter)	Orange peel (pungent, bitter, <i>aromatic</i>)
Cinnamon (astringent)	Mace	
Fenugreek leaves (bitter)	Onion	

Bitter/Astringent; Heating

Fenugreek seed

Salty; Heating

Black salt	Rock salt	Sea salt
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Pungent/Salty; Heating

Most seaweeds

Bitter/Pungent; Cooling

Black cumin	Dill leaves and seeds	Mint leaves (pungent)
Coriander	Peppermint (pungent)	Spearmint (pungent)
Cumin	Neem leaves (bitter)	Wintergreen (pungent)

Sweet/Pungent; Cooling

Fennel	Saffron (astringent, bitter)	Vanilla (pungent, astringent)
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Sweet; Cooling

Kudzu	Rose water
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SWEETENERS

Sweet; Cooling

Barley malt (astringent)	Fructose	Sucanat
Brown rice syrup	Fruit juice concentrates (astringent)	Sugarcane juice
Brown sugar (unrefined)	Maple syrup (bitter)	White sugar
Dates		



	Sweet; Heating	
Amasake	Jaggery	Molasses (pungent)
Honey (astringent)		

OILS

	Sweet; Heating	
Almond oil	Safflower oil (astringent)	Vegetable oil, mixed
Apricot oil	Sesame oil (bitter, astringent)	Walnut oil (astringent)
Corn oil		
	Sweet; Cooling	
Avocado oil	Coconut oil	Sunflower oil
Canola oil	Soy oil	
	Pungent; Heating	
Mustard oil	Olive oil	
	Sweet/Bitter/Pungent; Heating	
Castor oil		

DAIRY

	Sweet; Cooling	
Butter, unsalted (astringent)	Cow's milk	Goat's milk (pungent)
Cheese, unsalted (sour)	Ghee	Mother's milk
	Sour/Astringent; Heating	
Buttermilk	Sour cream	Yogurt
Cheese, salted (pungent)		

NUTS

	Sweet/Astringent; Heating	
Almonds (sweet)	Macadamia (sweet)	Pine nuts
Cashews (sweet)	Peanuts	Pistachios
Filberts	Pecans	Walnuts, black or English

SEEDS

	Pungent/Sweet; Heating	
Chia seeds	Poppy seeds (astringent)	Sesame seeds (sweet)
Flax seeds (sweet; astringent)	Pumpkin seeds (sweet, bitter, astringent)	
	Sweet/Astringent; Cooling	
Psyllium seeds	Sunflower seeds	



TEAS

Sweet/Astringent; Cooling

Alfalfa	Borage	Oat straw (sweet)
Barley (sweet)	Lotus	Raspberry
Blackberry (astringent)	Nettle (astringent)	Strawberry

Bitter/Pungent; Cooling

Chamomile	Lavender (pungent)	Peruvian bark (pungent)
Chicory (bitter)	Lemon grass	Spearmint (pungent)
Elder flower	Passionflower (bitter)	Violet
Hops	Pau d'arco (bitter)	Wintergreen (pungent)
Jasmine	Peppermint (pungent)	Yarrow (astringent)

Pungent; Heating

Ajwan	Eucalyptus	Mugwort (bitter)
Basil	Fenugreek (bitter, sweet)	Orange peel
Calamus (bitter)	Ginger, dried or fresh (sweet)	Osha (bitter)
Cardamom (sweet)	Ginseng (bitter, sweet)	Pennyroyal
Cinnamon (sweet, astringent)	Hyssop (bitter)	Wild ginger
Clove	Juniper berries (bitter, sweet)	

Astringent/Sweet; Heating

Burdock (astringent, bitter)	Hawthorne (sweet, sour)	Hibiscus
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Bitter/Sweet; Cooling

Chrysanthemum	Marshmallow (sweet)	Sarsaparilla
Dandelion	Red clover	
Licorice	Sandalwood (astringent)	

Sweet/Pungent; Cooling

Corn silk	Lemon balm	Saffron (bitter)
Fennel	Rose flowers (bitter, astringent)	

