



Barley

The vital energy in foods is what invigorates the various organs, tissues, fluids, and spaces of the body. When we consume dead food, food that barely yields the minimum energy needed for survival, we ensure the slow and dangerous demise of our internal environment.

The food charts that constitute the bulk of this chapter outline a large variety of foods suitable for each body type. The foods in the Major category are for everyday use, and those in the Minor category are for occasional use. The Regressive category contains the most negative foods for each type.

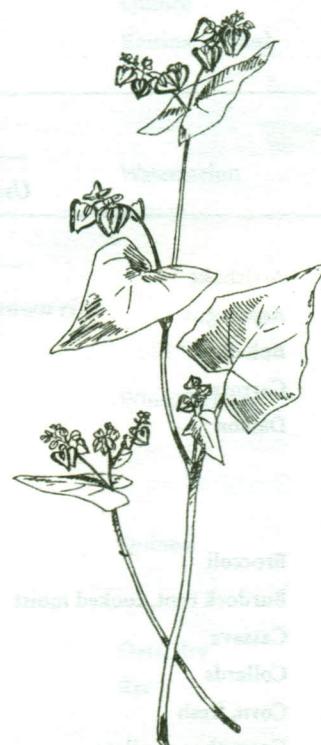
These food recommendations should be approached slowly and with consistency, especially by those just beginning a natural lifestyle.

Many of the foods listed in these charts can be found in ancient Ayurvedic texts, while some have only recently been evaluated and categorized. As research on the energetics of foods flourishes, more information is continually becoming available. These charts are designed only as guidelines. While you may use them to learn which foods are best suited to your body type, the ultimate determination about what is appropriate for you must come from your own conscious reactions.

The classic Ayurvedic texts enumerate seven body types. They are Vata, Pitta, Kapha; Vata-Pitta, Pitta-Kapha, Vata-Kapha; and Vata-Pitta-Kapha. However, each of the three dual types contains notable differences depending on which of the two doshas is dominant. Vata-Pitta may express itself as Vata-Pitta or as Pitta-Vata. For this reason I have added Pitta-Vata, Kapha-Pitta, and Kapha-Vata, to give a total of ten body types for the Food Charts.

In the Food Charts that follow, the foods in the Major category will generally exhibit two or more qualities suitable to your dosha. The foods in the Minor category will have at least one quality suitable to your dosha. The Regressive category lists foods that can negatively affect your dosha. This category includes all foods that are old, insect-eaten, frozen, dried, or canned. All body types should use fresh and seasonal foods.

Dairy references always refer to organic products. Unrefined brown sugar refers to jaggery, gur, Sucanat, or noncommercial turbinado.



Buckwheat



## STAGES FOR INTRODUCING PROPER FOODS

### *First Six Months (21 Meals per Week)*

<i>Major</i>	<i>Minor</i>	<i>Regressive</i>
10 out of 21 meals	8 out of 21 meals	3 out of 21 meals

### *Second Six Months (21 Meals per Week)*

<i>Major</i>	<i>Minor</i>	<i>Regressive</i>
12 out of 21 meals	8 out of 21 meals	1 out of 21 meals

### *After One Year (21 Meals per Week)*

<i>Major</i>	<i>Minor</i>	<i>Regressive</i>
17 out of 21 meals	4 out of 21 meals	None/once in a very long while

## THE FOOD CHARTS

### **VATA**

#### VEGETABLES

*Use fresh and seasonal vegetables.*

##### *Major*

Artichoke	Green beans	Sweet potatoes
Asparagus	Landcress	Summer squash (yellow
Bok choy	Leeks, cooked	crookneck, zucchini)
Carrots	Onion, cooked	Watercress
Daikon	Pumpkin	Winter squash (acorn,
		buttercup, butternut)

##### *Minor*

Broccoli	Jerusalem artichoke	Plantain
Burdock root, cooked moist	Jicama	Radishes
Cassava	Kale, well cooked	Spinach
Collards	Karela	Sprouts
Corn, fresh	Lettuce	Taro root
Cucumber, seedless	Mustard greens	Turnip greens
Gourd squash	Parsnips	Winter squash (spaghetti)



EATING ACCORDING TO YOUR BODY TYPE

VATA

REGRESSIVE		
Beet greens	Eggplant	Pokeroot
Bell peppers	Endive	Potatoes, white
Brussels sprouts	Kohlrabi	Rutabaga
Cabbage	Mushrooms	Swiss chard
Cauliflower	Onion, raw	Tomatoes
Celery	Peas	Turnips

FRUITS

Use fresh and seasonal fruits.

Major		
Apricots	Grapefruit	Peaches
Avocado	Kiwi	Pineapple
Bananas	Lemons	Plums
Berries	Limes	Rhubarb
Cherries	Mango	Soursop
Coconut	Melons	Tamarind
Dates	Oranges	Tangerines
Figs, fresh	Papaya	
Minor		
Apples	Pears	Quince
Cranberries	Pomegranate	Raisins, cooked
Dried fruits, cooked		
Persimmon	Prunes	Watermelon
REGRESSIVE		

GRAINS (ALL YEAR)

V types should avoid a mono-diet of brown rice.

VITAMIN C		
Major		
Basmati rice, brown or white	Oats, whole cooked	Wheat berries
Brown rice, all grains or sweet	Sushi rice, white	
Minor		
Amaranth	Barley	Quinoa
Buckwheat	Corn	Oats, dry
Cereals, dried	Millet	Rye

**PROCESSED GRAINS (ALL YEAR)**

	<i>Major</i>	<i>Minor</i>
Bulgur	Oats, rolled or steel-cut, cooked	Udon noodles
Couscous	Pasta, whole wheat	Unbleached white flour
Mochi (pounded sweet rice)	Rice flour	Whole wheat flour

**LEGUMES, BEANS, PEAS, AND SOYBEAN DERIVATIVES**

	<i>Major</i>	<i>Minor</i>
Aduki beans	Tofu, cooked	Toor dhal
Mung dhal, split or whole		
	<i>Major</i>	<i>Minor</i>
Black chickpeas	Muth beans	Urad dhal
	<i>Major</i>	<i>Regressive</i>
Black beans	Kidney beans	Soybeans
Black-eyed peas	Lima beans	Split peas, green or yellow
Chickpeas	Navy beans	Tempeh
Lentils, brown or red	Pinto beans	White beans

**NUTS AND SEEDS**

	<i>Major</i>	<i>Minor</i>
Almonds	Macadamia	Pumpkin seeds
Brazil nuts	Peanuts	Sesame seeds, roasted
Cashews	Pecans	Sunflower seeds
Chestnuts	Pine nuts	Walnuts
Filberts	Pistachios	

**DAIRY**

	<i>Major</i>	<i>Minor</i>
Buttermilk	Cow's milk, certified raw	Yogurt
Cottage cheese	Ghee	
	<i>Major</i>	<i>Minor</i>
Cheeses, hard or soft	Ice cream, homemade	Sour cream
Goat's milk		
	<i>Major</i>	<i>Regressive</i>
Dairy products, commercial or powdered		



EATING ACCORDING TO YOUR BODY TYPE

VATA

OILS/FATS

	<i>Major</i>	
Almond	Sesame, dark or light	Sunflower
Canola		
	<i>Minor</i>	
Coconut	Olive	Soy
Mustard	Safflower	Walnut
	<i>Regressive</i>	
Animal fats	Corn	Vegetable, mixed

SWEETENERS

	<i>Major</i>	
Amasake (rice milk)	Dates	Maple syrup
Brown rice syrup	Fruit juice concentrates	Sucanat
Brown sugar, unrefined	Honey, raw and uncooked	Sugarcane juice
	<i>Minor</i>	
Barley malt	Dried fruits, cooked (apricots, bananas, papaya, peaches, pineapples, raisins)	Molasses
	<i>Regressive</i>	
Honey, cooked	Sugar substitutes (saccharin, Sweet 'n Low, NutraSweet)	White sugar

HERBS, SPICES, AND FLAVORINGS

	<i>Major</i>	
Almond extract	Cumin	Peppermint
Anise	Curry powder	Pippali
Asafoetida	Dill, leaves or seed	Rosemary
Basil	Fennel	Saffron
Bay leaf	Garam masala	Sage
Black cumin	Ginger, dried or fresh	Savory
Black pepper	Kudzu	Spearmint
Caraway	Mango powder	Tamarind
Cardamom	Mustard seeds	Tarragon
Chili pepper	Nutmeg	Thyme
Cinnamon	Oregano	Turmeric
Cloves	Paprika	Vanilla
Coriander		



**Minor**  **YEAR**

Cayenne	Fenugreek	Mint
Cilantro	Garlic	Parsley
Curry leaves	Horseradish	None
Coriander		Unlikely to affect flavor
Mustard (peppered or raw)		Will affect flavor
Garlic, raw	Regressive	
	Extremely bitter and astringent herbs and spices	

## **CONDIMENTS**

<b>Major</b>		
Chutney, coconut or mango	Mustard, noncommercial	Tamarind
Daikon, grated	Olives, black or green	Umeboshi plum
Gomasio	Pickles, ginger or lime or general	Vinegar, brown rice or herbal or umeboshi
Horseradish	Rock salt	
Mayonnaise, noncommercial	Sea salt	Yogurt, spiced
Mirin		
<b>Minor</b>		
Cilantro	Coconut, grated	Rose water
Chili pepper	Coconut milk	Tamari
<b>Regressive</b>		
Garlic, raw	Mustard, commercial	Salt, iodized
Ketchup	Onion, raw	
Mayonnaise, commercial	Preservatives and additives, chemical	

## **SEaweeds**

***Soak and rinse thoroughly before use.***

Major		
Arame	Kombu	Wakame
Hijiki		
Agar-agar	Dulse	Seaweed
Blue-green algae	Kelp	



## BREWS AND BEVERAGES

*Drinks should not be cold, and most fruit juices should be diluted with water or milk for V types.*

<b><i>Major</i></b>		
Almond milk	Coconut milk	Orange juice
Aloe vera drinks or juice	Date shake	Papaya juice
Apricot juice	Grapefruit juice	Peach juice
Berry juice	Grape juice	Pineapple juice
Carrot juice	Lemonade	Salted drinks
Cherry juice	Mango juice	Sour drinks
Chicory blends		
<b><i>Minor</i></b>		
Carob drinks	Lassi (sweet yogurt drink)	Mixed vegetable juices
Carob-banana shake	Milk shakes	
<b><i>Regressive</i></b>		
Alcohol	Cold drinks	Prune juice
Apple juice	Cranberry juice	Pungent drinks
Caffeinated drinks	Pear juice	Tomato juice
Carbonated drinks		

TEAS

***Do not use chamomile if you are allergic to ragweed.***

<b>Major</b>		
Ajwan	Fennel	Peppermint
Bancha (twig)	Ginger	Peruvian bark
Basil	Hyssop	Rose flowers
Chamomile	Lavender	Rosehips
Chicory	Lemon balm	Saffron
Cinnamon	Licorice	Sage
Cloves	Lotus	Sarsaparilla
Comfrey	Marshmallow	Sassafras
Elder flowers	Orange peel	Spearmint
Eucalyptus	Pennyroyal	
<b>Minor</b>		
Alfalfa	Hops	Raspberry
Barley (grain tea)	Jasmine	Red clover
Chrysanthemum	Nettle	Strawberry
Ginseng	Passionflower	Violet
Hibiscus		

**Regressive**

Blackberry	Corn silk	Mormon tea
Borage	Dandelion	Yarrow
Burdock		

**VATA-PITTA****VEGETABLES**

*Use fresh and seasonal vegetables, mostly cooked. All vegetables with seeds should be well*

*cooked with appropriate Vata spices to minimize aggravation of V-P types.*

*Small amounts of bitter vegetables may be used.*

**Major**

Artichoke	Landcress	Summer squash (yellow crookneck, zucchini)
Asparagus	Mustard greens	Sweet potatoes
Bok choy	Okra	Winter squash (acorn, buttercup, butternut, spaghetti)
Carrots	Parsnips	
Collards	Pumpkin	
Green beans	Rutabaga	
Jerusalem artichoke		

**Minor**

Arugula	Dandelion greens	Papaya, green
Beets	Endive	Peas
Bell peppers	Gourd squash	Plantain
Broccoli	Jicama	Potatoes, white
Broccoli rabe	Kale	Radicchio
Burdock root	Karela	Radishes, cooked
Cabbage	Kohlrabi	Spinach
Cauliflower	Lambsquarter	Sprouts
Celery	Lettuce	Watercress
Corn, fresh	Lotus root	
Cucumber	Onion, cooked	

**Regressive**

Brussels sprouts	Pungent vegetables, in excess	Tomatoes
Eggplant	Shiitake mushrooms	Turnips
Mushrooms	Swiss chard	Turnip greens
Onions, raw	Taro root	

## FRUITS

*Use mostly sweet fruits with a small amount of sour ones.*

### Major

Apricot	Grapes	Pineapple, sweet
Avocado	Lemons	Plums, sweet
Coconut	Limes	Quince, sweet
Dates	Mango	Tamarind
Figs, fresh	Oranges, sweet	Tangerines, sweet

### Minor

Apples	Kiwi	Prunes
Bananas	Papaya	Raisins
Berries, sweet	Peaches	Soursop
Cherries, sweet	Pears	Strawberries
Grapefruit, sweet	Pomegranate	Watermelon

### Regressive

Cranberries	Persimmon	Sour fruits, in excess
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## GRAINS

*Since most dry goods are available throughout the year, grains are categorized by season for the dual body types.*

*V-P types should avoid a mono-diet of brown rice.*

### Winter/Spring (December to end of April)

Major	Minor	Regressive
Barley	Brown rice, long-grain or sweet	Amaranth
Basmati rice, brown or white	Quinoa	Buckwheat
Oats, whole cooked	Wild rice	Corn
Wheat		Millet
		Oat bran
		Rye

### Spring/Summer (May to end of August)

Major	Minor	Regressive
Barley	Brown rice, all grains or sweet	Amaranth
Basmati rice, brown or white	Wild rice	Buckwheat
Oats, whole cooked		Corn
Wheat		Millet
		Quinoa
		Rye



*Fall (September to end of November)*

<i>Major</i>	<i>Minor</i>	<i>Regressive</i>
Brown rice, medium- or short-grain or sweet	Barley	Amaranth
Oats, whole cooked	Basmati rice, brown or white	Buckwheat
Wheat	Brown rice, long-grain	Corn
	Quinoa	Millet
		Rye

**PROCESSED GRAINS (ALL YEAR)**

<i>Major</i>
Bulgur
Couscous
Mochi (pounded sweet rice)

<i>Minor</i>
Oats, rolled or steel-cut, cooked
Pasta, whole wheat
Rice flour

<i>Regressive</i>
Udon noodles
Unbleached white flour
Whole wheat flour

**LEGUMES, BEANS, PEAS, AND SOYBEAN DERIVATIVES**

<i>Major</i>		
Aduki beans	Mung dhal, split or whole	Urad dhal
<i>Minor</i>		
Black beans	Lentils, brown or red	Tempeh
Chickpeas, black or yellow	Muth beans	Tofu
Kidney beans	Soybeans	Toor dhal
<i>Regressive</i>		
Black-eyed peas	Navy beans	Split peas, green or yellow
Lima beans	Pinto beans	White beans

**NUTS AND SEEDS**

<i>Minor</i>		
Coconut	Sesame seeds, white	Sunflower seeds, roasted
Pumpkin seeds, roasted		
<i>Regressive</i>		

All nuts. Small amounts of almonds, cashews, pecans, pistachios, poppy seeds, and walnuts are permitted in the fall (September to end of November).

**DAIRY**

<i>Major</i>		
Butter, unsalted	Cow's milk, certified raw	Ghee
Cottage cheese	Goat's milk	Yogurt



**Minor**

Ajwan	Garlic, cooked	Oregano
Almond extract	Ginger, dried or fresh	Paprika
Bay leaf	Licorice	Parsley
Cayenne	Mango powder	Rosemary
Chili peppers, mild	Mustard seeds	Sage
Cinnamon	Neem leaves	Savory
Cloves	Nutmeg	Tarragon
Curry powder, mild	Onions, dried	Thyme
Dill leaves or seed	Orange extract	

**Regressive**

Asafoetida	Garlic, raw	Marjoram
Chili peppers, hot	Mace	Onions, raw
Fenugreek		

**CONDIMENTS**

<b>CONDIMENTS</b>		
<b>Minor</b>		
Cilantro	Mayonnaise, noncommercial	Sesame seeds, white
Coconut, roasted	Olives	Sunflower seeds
Coconut milk	Pickles, ginger or lime	Tamari
Daikon, grated	Pumpkin seeds	Vinegar, brown rice or herbal
Gomasio	Rock salt	Wasabi
Horseradish	Rose water	Yogurt, spiced
Lemon juice	Sea salt	
Lime juice		
Black-eyed peas		
Ketchup	Mustard, commercial	Salt, iodized
Mayonnaise, commercial	Preservatives and additives, chemical	Vinegar, commercial
Miso		

**SEaweeds**

*Seaweeds should be used mostly in the fall (September to end of November). Soak and rinse thoroughly before use.*

<b>Minor</b>		
Arame	Kelp	Seaweed
Dulse	Kombu	Wakame
Hijiki		



**BREWS AND BEVERAGES***Fruit juices may be diluted with water or milk for V-P types.*

<b>Major</b>		
Apricot juice	Date and fig shakes	Sweet fruit juices (berry, cherry, grape, mango, peach, pomegranate, sweet orange, pineapple)
Chicory blends	Lassi (sweet yogurt drink)	
Coconut milk		
Cow's milk or drinks, sweet		
<b>Minor</b>		
Aloe vera juice or drink	Cow's milk or drinks, hot spiced	Papaya juice
Apple juice	Grapefruit juice	Pear juice
Carob drinks	Mildly salted or sour brews	Prune juice
Carrot juice	Mixed vegetable juice	Pineapple
<b>Regressive</b>		
Alcohol	Carbonated drinks	Pungent beverages
Caffeinated drinks	Chocolate drinks	Tomato juice

<b>TEAS</b>		
<i>Do not use chamomile if you are allergic to ragweed.</i>		
<b>Major</b>		
Bancha (twig)	Hops	Peppermint
Cardamom	Lavender	Rose flowers
Chamomile	Lemon balm	Rosehips
Elder flower	Lemon grass	Spearmint
Fennel		
<b>Minor</b>		
Ajwan	Cloves	Jasmine
Barley (grain tea)	Comfrey	Mexican bark
Blackberry	Eucalyptus	Passionflower
Borage	Ginger	Red clover
Chrysanthemum	Hibiscus	Strawberry
Cinnamon		

<i>Spring Summer (May to end of August)</i>		
<b>Major</b>	<b>Minor</b>	<b>Regressive</b>
Green rice, long-grain	Bailey	Aquaphil
Wheat	Brown rice, short-grain	Buckwheat
	Instant gruel	Corn
	Wheat	Quinoa
	Oats, whole-cooked	Rye
	Wild rice	



**VATA-KAPHA****VEGETABLES**

*Use fresh and seasonal vegetables. Vegetables with seeds should be well cooked with the appropriate Vata spices to minimize aggravation of V-K types.*

Major		
Artichokes	Mustard greens	Thyme
Asparagus	Okra	Summer squash (yellow crookneck)
Beets	Onion, cooked	Winter squash (acorn, buttercup, butternut, spaghetti)
Green beans	Parsnips	Watercress
Landelss	Radishes, cooked	
Lotus root		

Minor		
Arugula	Daikon	Peppers
Bamboo shoots	Eggplant	Plantain
Bell peppers	Endive	Pokeroot
Bok choy	Escarole	Potatoes, white
Broccoli	Gourd squash	Pumpkin
Broccoli rabe	Jerusalem artichokes	Radicchio
Burdock root	Jicama	Snow peas
Cabbage	Kale	Spinach
Carrots	Karela, well cooked	Sprouts
Cassava	Kohlrabi	Sweet potatoes
Cauliflower	Lambsquarter	Turnip greens
Celery	Papaya, green	Zucchini
Corn, fresh	Parsnips	
Cucumber, seedless	Peas	

Regressive		
Brussels sprouts	Shiitake mushrooms	Tomatoes
Mushrooms	Swiss chard	Turnips
Onions, raw	Taro root	Vegetables, raw

### FRUITS

All fruits, small amounts (fresh or dried) are permitted throughout the year. Nectarines, and walnuts are permitted in the fall (September to end of November).

**Use fresh and seasonal fruits.**

	<b>Major</b>	
Apricots	Lemon	Peaches
Berries	Lime	Raisins, moist
Cherries	Mango	Rhubarb
Coconut	Melon	Strawberries
Dates	Papaya	Tamarind
Figs, fresh		

### PROCESSED GRAINS (ALL YEAR)

#### Minor

Apples	Kiwi	Pineapple
Avocado	Oranges	Plums
Bananas	Pears	Pomegranate
Dried fruits	Persimmon	Soursop
Grapes		

#### Regressive

Cranberries	Prunes	Quince
Dried, sour, or sweet fruits, in excess		

### GRAINS

Since most dry goods are available throughout the year, grains are categorized by season for the dual body types.

V-K types should avoid a mono-diet of brown rice.

Winter/Spring (December to end of April)		
<b>Major</b>	<b>Minor</b>	<b>Regressive</b>
Barley	Amaranth	Buckwheat
Millet	Basmati rice, brown or white	Oats, whole cooked
Quinoa	Brown rice, long- or short-grain	Wheat
	Rye	

### Spring/Summer (May to end of August)

<b>Major</b>	<b>Minor</b>	<b>Regressive</b>
Brown rice, long-grain	Barley	Amaranth
Wheat	Brown rice, short- or medium-grain	Buckwheat
	Millet	Corn
	Oats, whole cooked	Quinoa
	Wild rice	Rye



*Fall (September to end of November)*

<b>Major</b>	<b>Minor</b>	<b>Regressive</b>
Basmati rice, brown	Basmati rice, white	Amaranth
Brown rice, long-grain	Brown rice, medium-grain	Buckwheat
Oats, whole cooked	Millet	Corn
	Quinoa	Rye
	Wheat	
	Wild rice	

**PROCESSED GRAINS (ALL YEAR)**

	<b>Minor</b>	
Bulgur	Oats, steel-cut	Udon noodles
Couscous	Pasta, whole wheat	Unbleached white flour
Mochi (pounded sweet rice)	Rice flour	Whole wheat flour
	<b>Regressive</b>	
Cereals, commercial or dried	Corn meal	Rye flakes
Corn grits	Oat bran	Wheat bran
	Oats, rolled	

**LEGUMES, BEANS, PEAS, AND SOYBEAN DERIVATIVES**

	<b>Major</b>	
Aduki beans	Mung dhal, split or whole	Toor dhal
Lentils, brown or red		
	<b>Minor</b>	
Black beans	Muth beans	Urad dhal
Chickpeas, black or yellow	Tofu	
	<b>Regressive</b>	
Black-eyed peas	Pinto beans	Split peas
Kidney beans	Soybeans	Tempeh
Lima beans	Soy by-products, except tofu	White beans
Navy beans		

**NUTS AND SEEDS**

	<b>Minor</b>	
Coconut	Pumpkin seeds, roasted	Sunflower seeds, roasted
Poppy seeds	Sesame seeds, roasted	



***Retrogressive***

All nuts. Small amounts of almonds, cashews, pecans, pistachios, and walnuts are permitted in the fall (September to end of November).

**DAIRY*****Major***

Cottage cheese	Ghee	Goat's milk
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***Minor***

Butter, unsalted	Cow's milk, certified raw
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Yogurt
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***Retrogressive***

*Small amounts of cheeses and sour cream may be used in the fall (September to end of November).*

Buttermilk	Dairy products, commercial or powdered
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Ice cream
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Butter, salted
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Sour cream
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Cheeses, salted
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***BUTTER & DAIRY BEVERAGES*****OILS*****Major***

Canola	Sunflower
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Sesame, dark or light
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***Minor***

Almond	Corn
Apricot	Mustard
Avocado	Olive
Coconut	Safflower

Soy
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Walnut
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***Retrogressive***

Animal oils or lard	Vegetable, mixed
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**SWEETENERS*****Major***

Amasake (rice milk)	Fruit juice, mixed
Dates	Honey, raw and uncooked
Barley malt	Fruit juice concentrates
Brown rice syrup	Maple syrup
Brown sugar, unrefined	

Sweet fruits
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Sucanat
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Sugarcane juice
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***Minor***

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**Regressive**

Fructose	Sugar substitutes (saccharin, Sweet 'n Low, NutraSweet)	White sugar
Honey, cooked		
Molasses		

**HERBS, SPICES, AND FLAVORINGS**

Minor	Major	Regressive
Allspice	Eucalyptus	Parsley
Anise	Fennel	Peppermint
Asafoetida	Garam masala	Poppy seeds
Basil	Garlic, cooked	Rosemary
Bay leaf	Ginger, dried	Saffron
Black cumin	Mace	Sage
Black pepper	Marjoram	Savory
Caraway	Mint	Spearmint
Cardamom	Mustard seeds	Star anise
Cinnamon	Nutmeg	Tamarind
Cloves	Onion, dried	Tarragon
Coriander	Orange peel	Thyme
Cumin	Oregano	Turmeric
Curry powder	Paprika	Vanilla
Dill leaves		

**LEGUMES, BEANS, PEAS, AND SOYBEAN DERIVATIVES**

Minor	Regressive	Regressive
Almond extract	Ginger, fresh	Mugwort
Cayenne	Horseradish	Neem leaves
Dill seed	Kudzu	Orange extract
Fenugreek	Mango powder	

Garlic, black or yellow

Garlic, raw

**CONDIMENTS**

Minor	CONDIMENTS	Regressive
		Split peas
		Tempeh
Cilantro	Mayonnaise, noncommercial	Rock salt
Chutney, coconut or sweet mango	Mint leaves	Sea salt
Daikon, grated	Mustard, noncommercial	Sprouts
Gomasio, mild	Olives, black	Vinegar, brown rice or
Horseradish	Pickles, cucumber or ginger or lime or mango	herbal or umeboshi
Lemon juice	Rose water	Wasabi
		Yogurt, spiced



**Regressive**

Mayonnaise, commercial	Preservatives and additives, chemical	Salt, iodized
Miso		Vinegar, commercial
Mustard, commercial		

**SEaweeds**

Use moderately during the fall (September to end of November). Soak and rinse seaweeds thoroughly before use.		
Agar-agar	Hijiki	Riverweeds
Arame	Kelp	Seaweed
Blue-green algae	Kombu	Wakame
Dulse		

**BREWS AND BEVERAGES****Major**

Apricot juice	Cherry juice	Mango juice, unsweetened
Berry juice	Chicory blends	Peach juice
Carrot juice	Grape juice	Soy milk, warm spiced
Carrot-ginger drink		

**Minor**

Apple juice	Mildly salted or sour brews	Pineapple juice
Banana drink	Orange juice	Pungent brews
Carrot-vegetable juice	Pear juice	

**Regressive**

Alcohol	Chocolate drinks	Goat's milk, warm spiced
Aloe vera juice or drinks	Cold drinks	Pomegranate juice
Caffeinated teas	Fruit juices, sweetened	Tomato juice
Carbonated drinks		

**Minor**

Grape juice	Herbal teas	Orange juice

**GRAINS (All Year)**

Brown rice, brown or white	Barley, raw	Quinoa
Sushi rice, white	Oats, whole	

**Minor**

Sushi rice, white	Brown rice, long- or medium-grain
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## TEAS

*Do not use chamomile if you are allergic to ragweed.**Major*

Bancha (twig)	Fennel	Orange peel
Basil	Ginger, dried	Osha
Chamomile	Lavender	Peppermint
Chicory	Lemon balm	Raspberry
Cinnamon	Lemon grass	Rose flowers
Cloves	Lotus	Saffron
Elder flowers	Mexican bark tea	Sage
Eucalyptus	Ginger, dried	
Black pepper		

*Minor*

Ajwan	Ginseng	Nettle
Alfalfa	Hibiscus	Pennyroyal
Barley (grain tea)	Hops	Red clover
Chrysanthemum	Hyssop	Sarsaparilla
Comfrey	Jasmine	Spearmint
Dandelion	Licorice	Violet
Ginger, fresh		

## PITTA

## VEGETABLES

*Major*

Artichokes	Dandelion greens	Okra
Arugula	Endive	Parsnips
Asparagus	Green beans	Peas
Bell pepper	Jerusalem artichoke	Potatoes, white
Broccoli	Jicama	Radicchio
Brussels sprouts	Kale	Sprouts
Cabbage	Karela	Winter squash
Cauliflower	Lambsquarter	(acorn, buttercup, butternut, spaghetti)
Collards	Landress	Watercress
Cucumber	Lettuce	
Garlic, raw	Pickled vegetables or ginger	
Horseradish	or lime or orange	
Lemon juice	Mustard	
	Mustard seeds	

## EATING ACCORDING TO YOUR BODY TYPE

### PITTA

#### *Minor*

Bamboo shoots	Daikon radish	Plantain
Burdock root	Escarole	Pokeroot
Carrots	Kohlrabi	Pumpkin
Carrot tops	Leeks, cooked	Rutabaga
Cassava	Mustard greens	Spinach
Celery	Parsley	Turnip greens
Corn, fresh		

#### *Regressive*

Beets	Hot chili peppers	Swiss chard
Beet greens	Mushrooms	Taro root
Eggplant	Onion, raw	Tomatoes
Horseradish	Radishes	Turnips

## FRUITS

#### *Major*

Apples	Grapes	Pineapple
Apricots	Mango	Plums
Berries	Melons	Pomegranate
Coconut	Oranges, sweet	Raisins
Dates	Pears	Watermelon
Figs, fresh		

#### *Minor*

Avocado	Lemons	Strawberries, sweet
Dried fruits, sweet	Limes	Tamarind
Kiwi	Quince, sweet	

#### *Regressive*

Bananas	Papaya	Rhubarb
Berries, sour	Peaches	Soursop
Grapefruit	Persimmon	

## GRAINS (ALL YEAR)

#### *Major*

Barley	Brown rice, sweet	Wheat
Basmati rice, brown or white	Oats, whole	

#### *Minor*

Sushi rice, white	Brown rice, long- or medium-grain	
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*Regressive*

Amaranth	Millet	Rice, in excess
Buckwheat	Quinoa	Rye
Corn		

**PROCESSED GRAINS (ALL YEAR)***Minor*

Barley flour	Mochi (pounded sweet rice)	Unbleached white flour
Bulgur	Oats, rolled or steel-cut	Wheat bran
Cereals, barley or wheat	Pasta, whole wheat	Whole wheat flour
Couscous	Udon noodles	

**LEGUMES, BEANS, PEAS, AND SOYBEAN DERIVATIVES***Major*

Aduki beans	Lentils, brown	Navy beans
Black beans	Lima beans	Pinto beans
Black-eyed peas	Mung dhal, split or whole	Soybeans
Chickpeas, black or yellow	Muth beans	Split peas, green or yellow

*Minor*

Tempeh	Tofu, cooked	Urad dhal
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*Regressive*

Lentils, red	Toor dhal
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**NUTS AND SEEDS***Minor*

Coconut	Pumpkin seeds, roasted	Water chestnuts, cooked
Poppy seeds	Sunflower seeds, roasted	

*Regressive*

All nuts	Sesame seeds, black or white
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**DAIRY***Major*

Butter, unsalted	Cottage cheese	Cow's milk, certified raw
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*Minor*

Cheeses, mild or soft	Ice cream, homemade	Yogurt, sweetened
Goat's milk		



## EATING ACCORDING TO YOUR BODY TYPE

### PITTA

<b>BREWS</b>		
<b>Regressive</b>		
Buttermilk	Dairy products,	Goat's cheese
Cheeses, hard	commercial or powdered	Sour cream
<hr/>		
<b>OILS</b>		
<b>Major</b>		
Canola	Soy	Sunflower
Coconut	Mustard	
<hr/>		
<b>Minor</b>		
Almond	Safflower	Walnut
Avocado	Corn	
Olive	Mustard	Sesame, dark
<hr/>		
<b>CONDIMENTS</b>		
<b>Regressive</b>		
Almond butter	Corn	Vegetable, mixed
Almond	Mustard	
Animal fats or lard		
Apricot		

### SWEETENERS

<b>Major</b>		
Barley malt	Fruit juice concentrates	Sucanat
Brown sugar, unrefined	(apple, pear, mango, fig, apricot, grape)	Sugarcane juice
Dates	Maple syrup	Sweet fruits
Fructose		
<hr/>		
<b>Minor</b>		
Amasake (rice milk)	Brown rice syrup	
<hr/>		
<b>Regressive</b>		
Honey	Sugar substitutes (saccharin, Sweet 'n Low, NutraSweet)	White sugar
Molasses		

### HERBS, SPICES, AND FLAVORINGS

<b>Major</b>		
Black cumin	Dill leaves	Saffron
Cilantro	Fennel	Spearmint
Coriander	Kudzu	Turmeric
Cumin	Mint	Wintergreen
Curry leaves	Peppermint	
<hr/>		
<b>Minor</b>		
Ginger	Nutmeg	
Cardamom	Poppy	
Chamomile		
Yogurt		



*Herbs Minor*

Almond extract	Cloves	Nutmeg
Basil, fresh	Curry powder	Orange peel
Black pepper	Dill seed	Parsley
Caraway	Garam masala	Tamarind
Cardamom	Ginger	Vanilla
Cinnamon	Mace	

*Regressive*

Ajwan	Fenugreek	Oregano
Allspice	Garlic	Paprika
Anise	Horseradish	Pippali
Asafoetida	Mango powder	Rosemary
Basil	Marjoram	Sage
Bay leaf	Mustard seeds	Thyme
Cayenne	Onion, raw	

**CONDIMENTS**

<i>Major</i>		
Chutney, coconut or mango	Coconut milk	Mint leaves
Cilantro	Daikon, grated	Rose water
Coconut, grated or roasted		
<i>Minor</i>		
Black pepper	Orange peel	Tamari
Gomasio, mild	Pickle, sweet ginger	Vinegar, brown rice or mild herbal
Mirin	Rock salt	
Olives, black	Sea salt	Yogurt, sweetened or spiced

*Regressive*

Chili peppers, hot	Miso	Pickles, sour
Garlic	Mustard, commercial	Salt, iodized
Gomasio	Preservatives and additives, chemical	Soy sauce
Ketchup		
Mayonnaise, commercial		

**SEaweeds**

<i>Minor</i>		
Agar-agar	Hijiki	Riverweeds
Arame	Kelp	Seaware
Dulse	Kombu	Wakame



**BREWS AND BEVERAGES**

<i>Apple juice</i>	<i>Pineapple juice</i>	<i>Orange juice</i>
<i>Almond milk</i>	<i>Carob drinks</i>	<i>Grape juice</i>
<i>Amasake (rice milk)</i>	<i>Coconut milk</i>	<i>Mango juice</i>
<i>Apple juice</i>	<i>Coconut shakes</i>	<i>Peach juice</i>
<i>Apricot juice</i>	<i>Cow's milk or drinks, cool</i>	<i>Pear juice</i>
<i>Berry juice, sweet</i>	<i>Date shake</i>	
<i>Chicory blends</i>	<i>Minor</i>	<i>Regressive</i>
<i>Carrot-vegetable juice</i>	<i>Orange juice</i>	<i>Lassi (sweet yogurt drink)</i>
		<i>Soy milk, spiced</i>
<i>Alcohol</i>	<i>Chocolate drinks</i>	<i>Papaya juice</i>
<i>Banana shake</i>	<i>Cranberry juice</i>	<i>Salted drinks</i>
<i>Caffeinated drinks</i>	<i>Frozen drinks</i>	<i>Sour fruit juice</i>
<i>Carbonated drinks</i>	<i>Grapefruit juice</i>	<i>Tomato juice</i>

**TEAS**

<i>Do not use chamomile if you are allergic to ragweed.</i>		
	<b>Major</b>	
<i>Bancha (twig)</i>	<i>Dandelion</i>	<i>Passionflower</i>
<i>Barley (grain tea)</i>	<i>Elder flowers</i>	<i>Peppermint</i>
<i>Birch</i>	<i>Fennel</i>	<i>Raspberry leaves</i>
<i>Blackberry</i>	<i>Hops</i>	<i>Rose flower</i>
<i>Catnip</i>	<i>Jasmine</i>	<i>Saffron</i>
<i>Chamomile</i>	<i>Lavender</i>	<i>Spearmint</i>
<i>Chicory</i>	<i>Lemon balm</i>	<i>Violet</i>
<i>Chrysanthemum</i>	<i>Lotus</i>	<i>Wild cherry bark</i>
<i>Comfrey</i>	<i>Marshmallow</i>	<i>Wintergreen</i>
	<b>Minor</b>	
<i>Alfalfa</i>	<i>Cardamom</i>	<i>Hibiscus</i>
<i>Borage</i>	<i>Cinnamon</i>	<i>Rosehips</i>
<i>Burdock</i>	<i>Grain tea</i>	<i>Strawberry</i>
	<b>Regressive</b>	
<i>Ajwan</i>	<i>Ginseng</i>	<i>Osha</i>
<i>Cloves</i>	<i>Hawthorne</i>	<i>Pennyroyal</i>
<i>Corn silk</i>	<i>Hyssop</i>	<i>Sage</i>
<i>Eucalyptus</i>	<i>Mormon tea</i>	<i>Sassafras</i>
<i>Ginger, dried or fresh</i>		



**PITTA-VATA****VEGETABLES***Use mostly cooked vegetables. Use bitter vegetables in small amounts.***Major**

Artichoke	Dandelion greens	Radicchio
Arugula	Endive	Rutabaga
Asparagus	Green beans	Sprouts
Bell peppers	Jerusalem artichoke	Winter squash
Bok choy	Karela	(acorn, butternut, buttercup, spaghetti)
Broccoli	Landcress	Summer squash
Broccoli rabe	Lettuce	(yellow crookneck, zucchini)
Carrot	Mustard greens	Sweet potatoes
Celery	Okra	Watercress
Collards	Parsnips	
Cucumber, seedless	Pumpkin	

**Minor**

Beets	Gourd squash	Peas
Burdock root	Jicama	Plantain
Cabbage	Kale	Potatoes, white
Cauliflower	Onion, cooked	Radishes, cooked
Corn, fresh	Papaya, green	Spinach
Dandelion greens	Pineapple	
Brussels sprouts	Onion, raw	Tomatoes
Eggplant	Pungent vegetables, in excess	Turnips
Mushrooms	Swiss chard	Turnip greens

**FRUITS***Use mostly sweet fruits with a small amount of sour ones.***Major**

Apricot	Limes	Pomegranate
Coconut	Mango	Prunes
Dates	Oranges, sweet	Quince, sweet
Figs, fresh	Pears	Raisins
Grapes, dark	Pineapple, sweet	Tangerines, sweet
Lemons	Plums, sweet	

## EATING ACCORDING TO YOUR BODY TYPE

### PITTA-VATA

#### ***FRUIT DIET & Minor Discomfort***

Apples, sweet	Cherries, sweet	Papaya
Avocado	Dried fruits	Peaches
Bananas	Grapefruit, sweet	Strawberries
Berries, sweet	Kiwi	Tamarind
	<b>Regressive</b>	
Cranberries	Rhubarb	Sour fruits, in excess
Persimmon	Soursop	Watermelon

#### **GRAINS**

*Since most dry goods are available throughout the year, grains are categorized by season for the dual types.*

#### *Winter/Spring (December to end of April)*

<i>Major</i>	<i>Minor</i>	<i>Regressive</i>
Barley	Brown rice, long-grain or sweet	Amaranth
Basmati rice, brown or white	Quinoa	Buckwheat
Oats, whole cooked	Wild rice	Corn
Wheat		Millet

#### *Spring/Summer (May to end of August)*

<i>Major</i>	<i>Minor</i>	<i>Regressive</i>
Barley	Brown rice, long-grain or sweet	Amaranth
Basmati rice, brown or white	Wild rice	Brown rice, medium- or short-grain or sweet
Oats, whole cooked		Buckwheat
Wheat		Corn

		Millet
		Quinoa
		Rye

#### *Fall (September to end of November)*

<i>Major</i>	<i>Minor</i>	<i>Regressive</i>
Basmati rice, brown	Barley	Amaranth
Brown rice, long-grain or sweet	Basmati rice, white	Buckwheat
Oats, whole cooked	Brown rice, medium- or short-grain	Corn
Wheat	Quinoa	Millet

**PROCESSED GRAINS (ALL YEAR)**

<i>Minor</i>		
Barley cereals	Oats, rolled or steel-cut, cooked	Udon noodles
Barley flour	Rice cereals	Pasta, whole wheat
Bulgur	Rice flour	Whole wheat flour
Couscous		

**LEGUMES, BEANS, SEEDS, AND SOYBEAN DERIVATIVES**

<i>Major</i>		
Aduki beans	Mung dhal, split or whole	Urad dhal
<i>Minor</i>		
Black beans	Kidney beans	Soybeans
Black chickpeas	Lentils, brown or red	Tempeh
Chick peas	Muth beans	Tofu
<i>Regressive</i>		
Black-eyed peas	Pinto beans	Toor dhal
Lima beans	Split peas, green or yellow	White beans
Navy beans		

**NUTS AND SEEDS**

<i>Minor</i>		
Coconut	Pumpkin seeds, roasted	Water chestnuts, cooked
Poppy seeds	Sunflower seeds, roasted	

*Regressive*

All nuts may be used occasionally for cooking

**DAIRY**

*Dairy products should not be taken with salted or sour foods,  
or with animal foods.*

<i>Major</i>		
Butter, unsalted	Cow's milk, certified raw	Yogurt
Cottage cheese	Ghee	
<i>Minor</i>		
Butter, salted	Cheeses, mild	Ice cream, homemade



<b>Regressive</b>		
Buttermilk	Goat's milk	Sour cream
Cheeses, salted	Dairy products, commercial or powdered	
<b>OILS</b>		
<b>Major</b>		
Canola	Safflower	Sunflower
Coconut	Soy	
<b>Minor</b>		
Almond	Sesame, light	Olive, sparingly
Avocado		
<b>Regressive</b>		
Animal oils or lard	Mustard	Vegetable oil, mixed
Corn		

## SWEETENERS

	<i>Major</i>	
Amasake (rice milk)	Dates	Sucanat
Barley malt	Fruit juice concentrates	Sugarcane juice
Brown rice syrup	Maple syrup	Sweet fruits
Brown sugar, unrefined		
	<i>Minor</i>	
Fructose	Honey, raw and uncooked	
	<i>Regressive</i>	
Honey, cooked	Sugar substitutes (saccharin, Sweet 'n Low, Nutrasweet)	White sugar
Molasses		

## HERBS, SPICES, AND FLAVORINGS

	<i>Major</i>	
Basil, fresh	Dill leaves	Saffron
Black cumin	Fennel	Spearmint
Black pepper	Garam masala	Tarragon
Caraway	Kudzu	Turmeric
Cardamom	Mint	Vanilla
Coriander	Orange peel	Wintergreen
Cumin	Peppermint	



*Minor*

Ajwan	Ginger	Oregano
Almond extract	Licorice	Paprika
Bay leaf	Mango powder	Parsley
Cayenne	Mustard seeds	Rosemary
Cinnamon	Neem leaves	Sage
Cloves	Nutmeg	Savory
Curry powder, mild	Onion, dried	Tamarind
Dill seed	Orange extract	Thyme
Garlic, cooked		

*Regressive*

Asafoetida	Garlic, raw	Marjoram
Chili peppers, hot	Mace	Onion, raw
Fenugreek		

**CONDIMENTS***Minor*

Cilantro	Lime juice	Sea salt
Coconut milk	Mayonnaise, noncommercial	Tamari
Coconut, roasted	Olives, black	Vinegars, brown rice or herbal
Daikon, grated	Pickles, ginger or lime	Wasabi
Gomasio, mild	Rock salt	Yogurt, spiced
Horseradish	Rose water	
Lemon juice		

*Regressive*

Ketchup	Preservatives and additives, chemical	Salt, iodized
Mayonnaise, commercial		Vinegar, commercial
Mustard, commercial		

**SEaweeds***Use mostly in fall (September to end of November).**Soak and rinse seaweeds thoroughly before use.**Minor*

Agar-agar	Hijiki	Riverweeds
Arame	Kelp	Seaweed
Blue-green algae	Kombu	Wakame
Dulse		



**BREWS AND BEVERAGES**

ACTIONS		
Major		
Apricot juice	Date and fig shakes	Lassi (sweet yogurt drink)
Berry juice, sweet	Fruit juices, sweet	
Coconut milk	(cherry, grape, mango, peach, pomegranate, sweet orange, prune)	
Cow's milk or drinks, sweet		
Minor		
Aloe vera juice or drinks	Carrot juice	Mixed vegetable juice
Apple juice	Cow's milk or drinks, hot spiced	Papaya juice
Chicory blends	Grapefruit juice	Pear juice
Carob drinks	Mildly salted or sour brews	
Regressive		
Alcohol	Carbonated drinks	Pungent beverages
Caffeinated drinks	Chocolate drinks	Tomato juice

**TEAS***Do not use chamomile if you are allergic to ragweed.*

ACTIONS		
Major		
Bancha (twig)	Fennel	Peppermint
Birch	Hops	Raspberry leaves
Cardamom	Lavender	Rose flowers
Chamomile	Lemon balm	Spearmint
Elder flowers	Lemon grass	Wild cherry bark
Minor		
Ajwan	Cinnamon	Jasmine
Barley	Cloves	Mexican bark tea
Blackberry	Comfrey	Passionflower
Borage	Eucalyptus	Red clover
Burdock	Ginger	Strawberry
Chrysanthemum	Hibiscus	

**PITTA-KAPHA****VEGETABLES***Use fresh and seasonal vegetables.***Major**

Artichokes	Endive	Onion, cooked
Arugula	Green beans	Parsley
Asparagus	Jerusalem artichoke	Parsnips
Bell peppers	Jicama	Plantain
Broccoli	Kale	Potatoes, white
Broccoli rabe	Karela	Pumpkin
Burdock root	Lambsquarter	Sprouts
Cabbage	Landcress	Summer squash (yellow crookneck)
Carrot tops	Leeks, cooked	Turnip greens
Cauliflower	Lettuce	Winter squash (acorn, buttercup, butternut, spaghetti)
Celery	Lotus root	
Collards	Mustard greens	
Corn, fresh	Okra	
Dandelion		

**Minor**

Bamboo shoots	Daikon	Rutabaga
Brussels sprouts	Eggplant	Spinach
Carrots	Escarole	Sweet potatoes
Cassava	Kohlrabi	Watercress
Chili peppers, mild	Pokeroot	Zucchini
Cucumber		

**Regressive**

Beets	Horseradish	Radishes, raw
Beet greens	Mushrooms	Taro root
Chili peppers, hot	Onion, raw	Tomatoes

**FRUITS***Use seasonal fruits.***Major**

Apples	Dried fruits	Quince
Apricots	Mango	Raisins
Berries	Pears	Strawberries
Cherries	Pomegranate	Watermelon
Coconut	Prunes	



<i>FRUIT LIST CLASSIFICATION</i>		
<i>Minor</i>		
Avocado	Lemons	Peaches
Dates	Limes	Persimmon
Figs, fresh	Melons	Pineapple
Grapes	Oranges	Plums
Kiwi	Papaya	Tamarind
<i>Regressive</i>		
Bananas	Rhubarb	Sour fruits, in excess
Cranberries	Soursop	Sweet fruits, in excess
Grapefruit		

**GRAINS**

*Since most dry goods are available throughout the year, grains are categorized by season for the dual types.*

*Winter/Spring (December to end of April)*

<i>Major</i>	<i>Minor</i>	<i>Regressive</i>
Barley	Millet	Amaranth
Basmati rice, brown	Quinoa	Brown rice, medium- or short-grain
Oats, whole	Wild rice	Buckwheat
Wheat		Corn
		Rye

*Spring/Summer (May to end of August)*

<i>Major</i>	<i>Minor</i>	<i>Regressive</i>
Barley	Brown rice, medium-grain or sweet	Amaranth
Basmati rice, brown or white	Millet	Buckwheat
Wheat	Wild rice	Quinoa
		Rye

*Fall (September to end of November)*

<i>Major</i>	<i>Minor</i>	<i>Regressive</i>
Barley	Brown rice, all grains	Amaranth
Basmati rice, brown or white	Millet	Buckwheat
Brown rice, sweet	Oats, whole	Corn
Wheat	Quinoa	Rye
	Wild rice	



**PROCESSED GRAINS (ALL YEAR)**

<i>Minor</i>	<i>Major</i>	<i>Regressive</i>
Barley cereals	Oats, rolled or steel-cut	Udon noodles
Barley flour	Pasta, whole wheat	Wheat bran
Bulgur	Rice cereals	Whole wheat flour
Couscous		

**LEGUMES, BEANS, PEAS, AND SOYBEAN DERIVATIVES**

<i>Major</i>	<i>Minor</i>	<i>Regressive</i>
Aduki beans	Chickpeas	Urad dhal
Black beans	Lima	White beans
Black-eyed peas	Muth beans	
<i>Minor</i>	<i>Major</i>	<i>Regressive</i>
Kidney	Navy beans	Tempeh
Lentils, brown or red	Pinto beans	Tofu
Mung dhal, split or whole	Soybeans	Toor dhal

**NUTS AND SEEDS**

<i>Minor</i>	<i>Major</i>	<i>Regressive</i>
Coconut	Pumpkin seeds, roasted	Sunflower seeds, roasted
Poppy seeds	Sesame seeds, roasted	
<i>Regressive</i>	<i>Major</i>	<i>Minor</i>
All nuts may be used occasionally in cooking		

**DAIRY**

<i>Major</i>	<i>Minor</i>	<i>Regressive</i>
Ghee	Cow's milk, certified raw	Yogurt, mildly spiced
	Goat's milk	
<i>Minor</i>	<i>Major</i>	<i>Regressive</i>
Butter, unsalted	Dairy products, commercial	Ice cream
Cottage cheese	or powdered	Sour cream
<i>Regressive</i>	<i>Major</i>	<i>Minor</i>
Buttermilk		
Cheese		



EATING ACCORDING TO YOUR BODY TYPE

PITTA-KAPHA

OILS

		Regressive
		Major
Canola	Soy	Sunflower
		Minor
Avocado	Corn	Safflower
Coconut	Olive	Walnut
		Regressive
Almond	Mustard	Sesame, dark or light
Apricot		

SWEETENERS

		Major
Amasake (rice milk)	Dried sweet fruits (apples, apricots, figs, mango, raisins)	Fruit juice concentrates
		Minor
Barley malt	Dates	Sucanat
Brown rice syrup	Honey, raw and uncooked	Sugarcane juice
Brown sugar, unrefined	Maple syrup	
		Regressive
Fructose	Sugar substitutes (saccharin, Sweet 'n Low, and NutraSweet)	White sugar
Honey, cooked		
Molasses		

HERBS, SPICES, AND FLAVORINGS

		Major
Black cumin	Fennel	Peppermint
Black pepper	Garam masala	Rose water
Coriander	Kudzu	Saffron
Cumin	Mint	Spearmint
Curry leaves	Orange peel	Turmeric
Dill leaves	Parsley	Wintergreen



*Minor*

Allspice	Curry powder	Pippali
Anise	Dill seed	Rosemary
Basil	Garlic, cooked	Sage
Bay leaf	Ginger, fresh or dried	Salsify
Caraway	Horseradish	Star anise
Cardamom	Marjoram	Tamarind
Chives	Mustard seeds	Tarragon
Cinnamon	Nutmeg	Thyme
Cloves	Oregano	Vanilla
Coltsfoot	Paprika	

*Regressive*

Asafoetida	Garlic, raw	Onion, raw
Fenugreek	Mango powder	Sorrel

**CONDIMENTS***Major*

Black pepper	Coconut milk	Mint leaves
Chutney, coconut	Curry leaves	Mustard
Cilantro	Daikon	Rose water
Coconut, fresh roasted	Lemon juice	Sprouts

*Minor*

Chili pepper	Mustard, noncommercial	Vinegar, brown rice or
Chutney, mango	Orange peel	mild herbal
Daikon, grated	Pickles, mild	Wasabi
Gomasio, mild	Rock salt	Yogurt, mildly spiced
Horseradish	Sea salt	

*Regressive*

Garlic, raw	Pickles, strong	Salt, iodized
Ketchup	Preservatives and	Sesame seeds, black
Mayonnaise	additives, chemical	Soy sauce
Miso	Pungent or salty or sour items,	Tamari
Olives, black or green	in excess	Yogurt, plain
Onion, raw		



**SEaweeds***Use seaweeds sparingly and mostly in the fall (September to end of November).**Soak and rinse thoroughly before use.***Minor**

Agar-agar	Hijiki	Riverweeds
Arame	Kelp	Seaweed
Blue-green algae	Kombu	Wakame
Dulse		

**BREWS AND BEVERAGES****Minor**

Amasake (rice milk)	Coconut milk	Lassi (sweet yogurt drink)
Carob drinks	Cow's milk, spiced, in small amounts	Mixed vegetable juice
Carrot juice	Goat's milk, warm spiced	Soy milk, warm spiced
Carrot-ginger juice		Yogurt drink, mildly spiced
Chicory blends		

**Regressive**

Alcohol	Chocolate drinks	Salted drinks, in excess
Caffeinated drinks	Fruit juices, sweetened	
Carbonated drinks	Ice cold or very hot drinks	

**TEAS***Do not use chamomile if you are allergic to ragweed.***Major**

Bancha (twig)	Fennel	Raspberry leaves
Barley	Hibiscus	Red clover
Birch	Hops	Rose flower
Blackberry	Jasmine	Saffron
Borage	Lavender	Spearmint
Burdock	Lemon balm	Strawberry
Chamomile	Lemon grass	Violet
Chicory	Licorice	Wintergreen
Chrysanthemum	Nettle	Wild cherry bark
Dandelion	Passionflower	Yarrow
Elder flowers	Peppermint	

**Minor**

Basil	Comfrey	Orange peel
Cardamom	Eucalyptus	Osha
Cinnamon	Ginger	Sarsaparilla
Cloves	Lotus	Yerba maté



*Regressive*

Ginseng

Rosehips

Sassafras

**KAPHA****VEGETABLES***Major*

Arugula	Chili peppers, hot	Lettuce
Asparagus	Collards	Mustard greens
Beets	Corn, fresh	Okra
Bell pepper	Daikon	Onion
Bok choy	Eggplant	Parsley
Broccoli	Endive	Peas
Brussels sprouts	Green beans	Pokeroot
Burdock root	Jerusalem artichoke	Spinach
Cabbage	Jicama	Sprouts
Carrots	Kale	Turnips
Carrot tops	Karela	Turnip greens
Cauliflower	Landcress	Watercress
Celery	Leeks	

*Minor*

Artichoke	Parsnips	Summer squash (yellow crookneck or zucchini)
Cassava	Plantain	
Gourd squash		

*Regressive*

Beet greens	Rutabaga	Winter squash (buttercup, butternut, acorn, spaghetti)
Cucumber	Sweet potatoes	
Mushrooms	Taro root	
Pumpkin	Tomatoes	

**FRUITS***Use seasonal fruits.**Major*

Apples	Dried fruits from major category	Persimmon
Apricots	Figs, dried	Pomegranate
Berries	Peaches	Quince
Cherries	Pears	Raisins



## EATING ACCORDING TO YOUR BODY TYPE

### KAPHA

#### ***Minor***

Grapes	Limes	Strawberries
Kiwi	Mango	Tangerine
Lemons	Oranges	Tamarind

#### ***Regressive***

Avocado	Fruits, excessively sweet or sour	Pineapple
Bananas	or watery	Plums
Coconut	Grapefruit	Rhubarb
Cranberries	Melons	Soursop
Dates	Papaya	Watermelon
Figs, fresh		

### GRAINS (ALL YEAR)

#### ***Major***

Barley	Corn	Rye
Buckwheat	Millet	

#### ***Minor***

Amaranth	Basmati rice, brown or white	Quinoa
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#### ***Regressive***

Brown rice, all grains or sweet	Rice flour	Whole wheat flour
Oats, whole cooked	Wheat	

### PROCESSED GRAINS (ALL YEAR)

#### ***Minor***

Barley cereals	Millet cereals	Rye flakes
Barley-flour	Millet flour	Rye flour
Buckwheat flour	Oat bran	Soba noodles
Corn grits	Pasta, rye	Udon noodles
Cornmeal	Rye cereals	

### LEGUMES, BEANS, PEAS, AND SOYBEAN DERIVATIVES

#### ***Major***

Aduki beans	Lentils, red	Navy beans
Black beans	Lima beans	Pinto beans
Chickpeas, black or yellow	Muth beans	Split peas, green or yellow

#### ***Minor***

Black-eyed peas	Tofu, cooked	Urad dhal
Mung dhal, split or whole	Toor dhal	White beans

*Regressive*

Kidney beans  
Lentils, brown

Soybeans

Tempeh

**NUTS AND SEEDS***Minor*

Coconut  
Poppy seeds

Pumpkin seeds, roasted  
Sesame seeds

Sunflower seeds, roasted

*Regressive*

All nuts

**DAIRY**

*Dairy products are to be used sparingly by K types.*

*Minor*

Ghee  
Goat's cheese, unsalted

Goat's milk

Yogurt drinks, spiced

*Regressive*

Butter  
Buttermilk  
Cheese

Cow's milk, certified raw  
Dairy products, commercial  
or powdered

Ice cream  
Sour cream  
Yogurt

**OILS***Minor*

Canola  
Corn

Mustard  
Safflower

Sunflower

*Regressive*

Almond  
Apricot  
Avocado

Coconut  
Olive  
Sesame, dark or light

Soy  
Walnut

**SWEETENERS**

*Honey is the best sweetener for K types, but all sweets are to be used sparingly.*

*Major*

Honey, raw and uncooked

*Minor*

Amasake (rice milk)  
Barley malt  
Brown rice syrup

Dates  
Dried fruits

Fruit juice concentrates  
Maple syrup



*Regressive*

Brown sugar, unrefined	Molasses	Sugar substitutes (saccharin, Sweet 'n Low, and NutraSweet)
Fructose	Sucanat	
Honey, cooked	Sugarcane juice	White sugar

**HERBS, SPICES, AND FLAVORINGS***Major*

Ajwan	Curry leaves	Orange peel
Allspice	Curry powder	Oregano
Anise	Dill leaves or seeds	Paprika
Asafoetida	Eucalyptus	Parsley
Basil	Ginger, dried	Peppermint
Bay leaf	Garlic	Pippali
Black pepper	Garam masala	Rosemary
Caraway	Horseradish	Saffron
Cardamom	Hot peppers	Sage
Cayenne	Marjoram	Spearmint
Cinnamon	Mustard seeds	Star anise
Cloves	Neem leaves	Tarragon
Coriander	Nutmeg	Thyme
Cumin	Onion	Turmeric

*Minor*

Fennel	Mace	Tamarind
Fenugreek	Mint	Vanilla
Ginger, fresh	Mugwort	Wintergreen

*Regressive*

Mango powder
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**CONDIMENTS***Minor*

Black pepper	Kudzu	Sea salt
Chili pepper	Lettuce	Sprouts
Cilantro	Lime juice	Vinegar, brown rice or
Daikon, grated	Mint leaves	herbal
Endive	Mustard, noncommercial	Wasabi
Garlic	Rose water	Yogurt, spiced
Horseradish	Rock salt	



**Regressive**

Almond extract	Miso	Tamari
Coconut milk	Olives, black or green	Vinegar, commercial
Cow's milk, certified raw	Salt, iodized	Yogurt
Gomasio		

**SEaweeds**

Major	Minor	
Agar-agar	Hijiki	Riverweeds
Arame	Kelp	Seaweed
Dulse	Kombu	Wakame

**BREWS AND BEVERAGES**

*Fruit juices should be diluted with water for K types.*

Major		
Aloe vera juice or drinks	Carrot juice	Pear juice
Amasake	Cherry juice	Pineapple juice
Apple juice	Coconut milk	Pomegranate juice
Apricot juice	Cranberry juice	Prune juice
Berry juice	Mixed vegetable juice	Soy milk
Carob drinks	Peach nectar	

Minor		
Alcohol	Caffeinated drinks	Vegetable broth, unsalted
Almond drink	Grape juice	Yogurt drink, spicy
Almond milk	Mango juice	

**Regressive**

*Drink fruit juice in small quantities. Excess fluids, very rich drinks, dairy drinks, alcohol (on a regular basis), and excess caffeine are all regressive for K types.*

Banana shake	Cold drinks	Orange juice
Carbonated drinks	Fig shake, with dates	Papaya juice
Chocolate drinks	Grapefruit juice	Salted and sour drinks
Coconut milk	Lemonade	Tomato juice

**TEAS**

*Do not use chamomile if you are allergic to ragweed.*

**Major**

Ajwan	Ginger, dried	Orange peel
Alfalfa	Elder flowers	Pennyroyal
Bancha (twig)	Eucalyptus	Peppermint
Barley	Hibiscus	Raspberry
Basil	Hops	Rose flower
Chamomile	Jasmine	Saffron
Chicory blends	Lavender	Sage
Chrysanthemum	Lemon balm	Sassafras
Cinnamon	Mormon tea	Spearmint
Cloves	Nettle	Violet
Dandelion		

**Minor**

Borage	Ginger, fresh	Lotus
Burdock	Ginseng	Rosehip
Fennel	Hyssop	

**Regressive**

Comfrey	Marshmallow	Pungent teas
Licorice		

**KAPHA-VATA****VEGETABLES**

*Use fresh and seasonal vegetables.*

**Major**

Arugula	Collards	Mustard greens
Asparagus	Corn, fresh	Okra
Beets	Eggplant	Onion, cooked
Beet greens	Endive	Parsnips
Bok choy	Green beans	Pokeroot
Broccoli	Jerusalem artichoke	Potatoes, white
Broccoli rabe	Jicama	Radishes, cooked
Brussels sprouts	Kale	Rutabaga
Burdock root	Karela	Spinach
Cabbage	Kohlrabi	Sprouts
Carrots	Landcress	Watercress
Cauliflower	Lettuce	
Celery	Lotus root	



*Minor*

Bamboo shoots	Papaya, green	Sweet potatoes
Bell peppers	Peas	Turnips
Cassava	Plantain	Turnip greens
Escarole	Pumpkin	Winter squash
Gourd squash	Snow peas	(acorn, buttercup, butternut, spaghetti)
Lambsquarter	Summer squash (zucchini)	

*Regressive*

Mushrooms	Swiss chard	Tomatoes
Shiitake mushrooms	Taro root	

**FRUITS***Major*

Apples	Grapefruit	Pomegranate
Apricots	Mango	Quince
Berries	Peaches	Raisins
Cherries	Pears	Strawberries
Cranberries	Persimmon	Tangerine

*Minor*

Avocado	Kiwi	Papaya
Bananas	Lemons	Pineapple
Coconut	Limes	Plums
Dried fruits	Melons	Tamarind
Grapes	Oranges	

*Regressive*

Dates	Rhubarb	Sweet fruits, in excess
Dried fruits, in excess	Sour fruits, in excess	Watermelon
Figs	Soursop	

**GRAINS**

*Since most dry goods are available throughout the year, grains are categorized by season for the dual types.*

*Winter/Spring (December to end of April)*

<i>Major</i>	<i>Minor</i>	<i>Regressive</i>
Barley	Amaranth	Brown rice, medium- or short-grain or sweet
Buckwheat	Basmati rice, brown or white	Oats, whole cooked
Millet	Brown rice, long-grain	
Quinoa	Corn	Wheat
Rye		



*Spring/Summer (May to end of August)*

<i>Major</i>	<i>Minor</i>	<i>Regressive</i>
Amaranth	Basmati rice, brown or white	Brown rice, medium-
Barley	Brown rice, long-grain	or short-grain or sweet
Buckwheat	Corn	Oats, whole cooked
Millet	Rye	Wheat
Quinoa	Wild rice	

*Fall (September to end of November)*

<i>Major</i>	<i>Minor</i>	<i>Regressive</i>
Amaranth	Brown rice, medium- or long-grain or sweet	Brown rice, short
Barley	Buckwheat	Oats, whole cooked
Basmati rice, brown or white	Corn	Wheat
Millet		
Quinoa		
Rye		

**PROCESSED GRAINS (ALL YEAR)**

	<i>Minor</i>	
Barley cereals	Millet flour	Soba noodles
Barley flour	Pasta, whole wheat or rye	Udon noodles
Corn grits	Rye flakes	Wheat bran
Cornmeal	Rye flour	Whole wheat flour
Millet cereals		

**LEGUMES, BEANS, PEAS, AND SOYBEAN DERIVATIVES**

	<i>Major</i>	
Aduki beans	Lima beans	Split peas, green or yellow
Black beans	Muth beans	Toor dhal
Black-eyed peas	Navy beans	Urad dhal
Chickpeas, black or yellow	Pinto beans	White beans
Lentils, red		

	<i>Minor</i>	
Lentils, brown	Mung dhal, split or whole	Tofu

	<i>Regressive</i>
Kidney beans	Soybeans and soy derivatives, except tofu



**NUTS AND SEEDS****Minor**

Coconut	Sesame seeds, roasted	Sunflower seeds, roasted
Pumpkin seeds, roasted		

**Regressive**

All nuts

**DAIRY****Major**

Goat's milk

**Minor**

Butter, unsalted	Ghee	Yogurt
Cow's milk, certified raw		

**Regressive**

*Small amounts of cheeses and sour cream are permitted in fall  
(September to end of November).*

Butter, salted	Cottage cheese	Ice cream
Buttermilk	Dairy products, commercial	Sour cream
Cheeses, hard or soft	or powdered	

**OILS****Major**

Canola      Corn      Sunflower

**Minor**

Almond	Mustard	Sesame, dark or light
Apricot	Olive	Walnut
Avocado	Safflower	

**Regressive**

Animal oils or lard	Soy	Vegetable, mixed
Coconut		

**SWEETENERS****Major**

Dried fruits (apricots, berries, cherries, dates, mangoes, figs, peaches, raisins)	Fruit juice concentrate	Honey, raw and uncooked

## EATING ACCORDING TO YOUR BODY TYPE

### KAPHA-VATA

#### *Minor*

Amasake (rice milk)

Barley malt

Brown rice syrup

Maple syrup

#### *Regressive*

Brown sugar, unrefined

Sugarcane juice

White sugar

Fructose

Sugar substitutes (saccharin,

Molasses

Sweet 'n Low, and NutraSweet)

Sucanat

## HERBS, SPICES, AND FLAVORINGS

#### *Major*

Allspice

Dill leaves

Oregano

Anise

Eucalyptus

Paprika

Asafoetida

Fenugreek

Parsley

Basil

Garam masala

Peppermint

Bay leaf

Garlic, cooked

Rosemary

Black cumin

Ginger, dried or fresh

Saffron

Black pepper

Mace

Sage

Caraway

Marjoram

Savory

Cardamom

Mint

Spearmint

Cinnamon

Mustard seeds

Star anise

Cloves

Neem leaves

Tarragon

Coriander seeds

Nutmeg

Thyme

Cumin

Onion, dried

Turmeric

Curry powder

Orange peel

#### *Minor*

Ajwan

Garlic, raw

Mugwort

Almond extract

Horseradish

Orange extract

Cayenne

Kudzu

Tamarind

Dill seed

Mango powder

Vanilla

Fennel

## CONDIMENTS

#### *Major*

Black pepper

Horseradish

Pickles, ginger

Chili pepper, hot or mild

Lemon juice

Rose water

Cilantro

Mint leaves

Sprouts

Coconut or coconut milk

Mustard, noncommercial

Tamari

Daikon, grated

Onion, raw

Yogurt, spiced

Garlic

Orange peel

*Minor*

Chutney, coconut or sweet mango	Pickles, cucumber or lime or mango	Vinegar, brown rice or herbal or umeboshi
Gomasio, mild		
Mayonnaise, noncommercial	Rock salt	Wasabi
Olives, black	Sea salt	

*Regressive*

Mayonnaise, commercial	Preservatives and additives, chemical	Salt, iodized
Miso		Vinegar, commercial
Mustard, commercial		

**SEaweeds***Use sparingly in the fall (September to end of November).**Soak and rinse seaweeds thoroughly before use.**Minor*

Agar-agar	Hijiki	Riverweeds
Arame	Kelp	Seaware
Dulse	Kombu	Wakame

**BREWS AND BEVERAGES***Juices should be diluted with water for K-V types.**Major*

Aloe vera juice or drinks	Carrot-ginger juice	Mixed vegetable juice
Apple juice	Cherry juice	Peach juice
Apricot juice	Chicory drinks	Pear juice
Berry juice	Goat's milk, warm spiced	Pomegranate juice
Carob drinks	Mango juice, unsweetened	Soy milk, warm spiced
Carrot juice		

*Minor*

Almond drink or milk	Coffee	Orange juice
Apricot juice	Grape juice	Pineapple juice
Banana drink	Mildly salted or sour brews	Pungent brews

*Regressive*

Alcohol	Chocolate drinks	Fruit juices, sweetened
Caffeinated teas	Cold drinks	Tomato juice
Carbonated drinks		



**TEAS***Do not use chamomile if you are allergic to ragweed.***Major**

Ajwan	Eucalyptus	Orange peel
Alfalfa	Ginger, dried or fresh	Osha
Bancha, twig	Hibiscus	Pennyroyal
Barley	Hops	Peppermint
Basil	Hyssop	Raspberry
Chamomile	Jasmine	Red clover
Chicory	Lavender	Rose flower
Chrysanthemum	Lemon balm	Saffron
Cinnamon	Lemon grass	Sage
Clove	Mexican bark tea	Spearmint
Dandelion	Nettle	Violet
Elder flowers		

**Minor**

Comfrey	Licorice	Sarsaparilla
Ginseng		

**KAPHA-PITTA****VEGETABLES***Use fresh and seasonal vegetables.***Major**

Arugula	Corn, fresh	Okra
Asparagus	Daikon	Onion, cooked
Beet greens	Dandelion	Parsley
Bell peppers	Eggplant	Pokeroot
Broccoli	Endive	Potatoes, white
Broccoli rabe	Green beans	Spinach
Brussels sprouts	Jerusalem artichoke	Sprouts
Burdock root	Jicama	Summer squash
Cabbage	Karela	(yellow crookneck)
Carrots	Kohlrabi	Turnips
Carrot tops	Landcress	Turnip greens
Cauliflower	Leeks	Watercress
Celery	Lettuce	Winter squash (spaghetti)
Collards	Mustard greens	



**Minor**

Artichokes	Onion, raw	Sweet potatoes
Chili peppers, hot	Plantains	Winter squash (acorn, buttercup, butternut)
Cucumber	Pumpkin	
Horseradish	Rutabaga	Summer squash (zucchini)

**Regressive**

Beets	Mushrooms	Tomatoes
	Radishes	

**FRUITS***Use seasonal fruits.***Major**

Apples	Mango	Pomegranate
Apricots	Peaches	Prunes
Berries	Pears	Quince
Cherries	Persimmon	Raisins
Figs, dried		

**Minor**

Avocado	Kiwi	Pineapple
Cranberries	Lemons	Plums
Dates	Limes	Strawberries
Figs, fresh	Melons	Tamarind
Grapes	Oranges	

**Regressive**

Bananas	Papaya	Soursop
Grapefruit	Rhubarb	Sweet fruits, in excess
Grapes, green	Sour fruits, in excess	Watermelon

**GRAINS**

*Since most dry goods are available throughout the year, grains are categorized by season for the dual types.*

*Winter/Spring (December to end of April)***Major**

Barley
Basmati rice, brown
Quinoa
Wild rice

**Minor**

Amaranth
Buckwheat
Corn
Millet
Rye

**Regressive**

Basmati rice, white
Brown rice, medium- or short-grain
Oats, whole
Wheat



*Spring/Summer (May to end of August)***Major**

Barley  
Basmati rice, white  
Corn  
Millet  
Quinoa  
Wild rice

**Minor**

Amaranth  
Basmati rice, brown  
Buckwheat  
Rye  
Wheat

**Regressive**

Brown rice, medium- or short-grain or sweet  
Oats, whole

*Fall (September to end of November)***Major**

Barley  
Basmati rice, brown or white  
Corn  
Rye  
Millet  
Quinoa  
Wild rice

**Minor**

Amaranth  
Brown rice, long-grain or sweet  
Buckwheat  
Oats, whole  
Wheat

**Regressive**

Brown rice, medium- or short-grain

**PROCESSED GRAINS (ALL YEAR)**

*Use processed grains sparingly.*

**Minor**

Barley cereals  
Barley flour  
Cornmeal

Millet cereals  
Oat bran  
Pasta, whole wheat

Soba noodles  
Udon noodles

**LEGUMES, BEANS, PEAS, AND SOYBEAN DERIVATIVES**

Aduki beans  
Black beans  
Black-eyed peas  
Chickpeas

**Major**

Lima  
Muth beans  
Navy

Pinto

Split peas, yellow or green  
Urad dhal

White beans

**Minor**

Lentils  
Mung dhal, split or whole

Tofu, cooked

Toor dhal

**Kidney****Regressive**

Soybeans and soy by-products,  
except cooked tofu



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NUTS AND SEEDS

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*Minor*

Coconut	Pumpkin seeds, roasted	Sunflower seeds, roasted
Poppy seeds		

*Regressive*

All nuts	Sesame seeds
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DAIRY

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*Major*

Ghee	Goat's milk
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*Minor*

Cottage cheese	Yogurt, mildly spiced
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*Regressive*

Buttermilk	Dairy products, commercial	Ice cream
Cheeses, hard or soft	or powdered	Sour cream
Cow's milk, certified raw		

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OILS

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*Major*

Canola	Sunflower
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*Minor*

Almond	Mustard	Soy
Corn	Safflower	

*Regressive*

Apricot	Coconut	Sesame
Avocado	Olive	Walnut

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SWEETENERS

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*Sweeteners are to be used sparingly by K types.*

*Major*

Dried sweet fruits (apples, apricots, figs, mangoes, and raisins)	Fruit juice concentrates	Honey, raw and uncooked
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Minor

## HERBS, SPICES, AND FLAVORINGS

### **Major**

Allspice	Dill leaves or seed	Peppermint
Anise	Garam masala	Pippali
Bay leaf	Garlic, cooked	Rosemary
Black cumin	Horseradish	Saffron
Black pepper	Mace	Sage
Caraway	Marjoram	Spearmint
Cardamom	Mint	Star anise
Cinnamon	Mustard seeds	Tarragon
Cloves	Nutmeg	Thyme
Coriander	Orange peel	Turmeric
Curry leaves	Oregano	Vanilla
Curry powder	Paprika	Wintergreen
Cumin	Parsley	

Minor

Ajwan	Fenugreek	Kudzu
Asafoetida	Garlic, raw	Savory
Fennel	Ginger, dried	Tamarind

### **R**egressive

## CONDIMENTS

Major

Black pepper	Mint leaves	Rose water
Cilantro, fresh	Orange peel	Sprouts
Daikon, fresh		



**Minor**

Chili peppers	Lemon juice	Vinegar, brown rice or mild herbal
Chutney, coconut or mango	Mustard, noncommercial	
Coconut, fresh or roasted	Pickles, mild	Wasabi
Coconut milk	Rock salt	Yogurt, mildly spiced
Gomasio, mild	Sea salt	

**Regressive**

Black sesame seeds	Olives, black or green	Sour condiments, in excess
Garlic, raw	Onions, raw	Soy sauce
Ketchup	Pickles, strong	Tamari
Mayonnaise	Salt, iodized	Yogurt, plain
Miso	Salty condiments, in excess	

**SEaweeds**

*Use seaweeds sparingly and mostly in the fall (September to end of November).*

*Rinse and soak thoroughly before use.*

**Minor**

Agar-agar	Hijiki	Riverweeds
Arame	Kelp	Seaweed
Dulse	Kombu	Wakame

**BREWS AND BEVERAGES**

*All fruit juices should be diluted with water or milk for K-P types.*

**Major**

Aloe vera juice/drinks	Chicory drinks	Peach nectar
Apple juice	Cranberry juice	Pear juice
Apricot juice	Goat's milk, spiced	Pineapple juice
Banana drinks	Grape juice	Pomegranate juice
Berry juice	Lemonade	Prune juice
Carob drinks	Mixed vegetable juice	Vegetable broth
Carrot juice	Orange juice	Yogurt drinks, mildly spiced
Carrot-ginger juice	Papaya juice	
Cherry juice		

**Minor**

Almond drink or milk	Coconut milk	Mango juice
Amasake (rice milk)	Lassi (sweet yogurt drink)	Soy milk, warm spiced
Caffeinated drinks		



**Regressive**

Alcohol	Fruit juice, sweetened	Salted drinks
Carbonated drinks	Iced and very hot drinks	Tomato juice
Chocolate drinks		

**TEAS**

*Do not use chamomile if you are allergic to ragweed.*

**Major**

Ajwan	Cornsilk	Orange peel
Alfalfa	Dandelion	Osha
Bancha (twig)	Elder flowers	Passionflower
Barley	Eucalyptus	Pennyroyal
Basil	Ginger, dried	Peppermint
Blackberry	Hibiscus	Raspberry
Borage	Hops	Red clover
Burdock	Hyssop	Rose flower
Cardamom	Jasmine	Saffron
Catnip	Lavender	Sage
Chamomile	Lemon balm	Spearmint
Chicory	Lemon grass	Strawberry
Chrysanthemum	Mexican bark	Violet
Cinnamon	Mormon tea	Wild cherry bark
Cloves	Nettle	Wintergreen

**Minor**

Fennel	Lotus	Yarrow
Ginger, fresh	Sarsaparilla	Yerba maté
Ginseng	Sassafras	

**Regressive**

Comfrey	Licorice	Rosehips
Marshmallow		



## TRIDOSHA CHART

*This chart lists some of the foods common to all constitutional types. While these foods may be used when cooking for large groups, this chart should not be used by any one body type exclusively. It lacks variety and thus does not have the healing potential that can be derived from the chart appropriate to your particular type.*



### VEGETABLES

*Use fresh and seasonal vegetables.*

Artichoke	Jerusalem artichoke	Spinach
Asparagus	Jicama	Sprouts
Bok choy	Kale	Summer squash
Broccoli	Landcress	(yellow crookneck or zucchini)
Broccoli rabe	Mustard greens	Sweet potatoes
Carrots	Onion, cooked	Watercress
Collards	Okra	Winter squash
Corn, fresh	Parsley	(buttercup, butternut, spaghetti)
Daikon	Parsnips	
Green beans	Potatoes, white	

### FRUITS

*Use seasonal fruits.*

*All fruits should be tree-ripened and fresh.*

Apricots	Lemons	Pomegranate
Berries	Limes	Raisins
Cherries	Mango	Strawberries, sweet
Grapes, dark	Peaches	Tamarind

### GRAINS

*Since most dry goods are available throughout the year, grains are categorized by season.*

*Winter/Spring (December to end of April)*

Barley	Millet	Quinoa
Basmati rice, brown		

*Spring/Summer (May to end August)*

Barley	Basmati rice, white	Wheat
Basmati rice, brown		



*Fall (September to end November)*

Basmati rice, brown

Oats, whole cooked

Wild rice

Brown rice, short-grain

Wheat

**PROCESSED GRAINS (ALL YEAR)***Minor*

Barley cereal

Millet cereal

Rye flakes

Barley flour

Mochi (pounded sweet rice)

Rye flour

Bulgur

Oat bran

Soba noodles

Corn grits

Oats, rolled or steel-cut

Udon noodles

Cornmeal

Pasta, spinach or whole wheat

Wheat bran

Couscous

Rice flour

Whole wheat flour

**LEGUMES, BEANS, PEAS, AND SOYBEAN DERIVATIVES**

Aduki beans

Tofu

Urad dhal

Mung dhal, whole

**NUTS AND SEEDS**

Nuts may be used sparingly

Pumpkin seeds

Sunflower seeds

**SWEETENERS**

Amasake (rice milk)

Fruit juice concentrate

Maple syrup

Barley malt syrup

Honey, raw and uncooked

**HERBS, SPICES, AND FLAVORINGS**

Black pepper

Garlic, cooked

Parsley

Cardamon

Ghee

Rose water

Cinnamon

Ginger, cooked

Saffron

Coconut

Ginger, fresh

Sea salt

Coriander

Lemon

Tamarind

Cilantro

Mint leaves

Tarragon

Cumin

Mustard

Turmeric

Dill leaves or seeds

Nutmeg

Vanilla

Fennel

Orange peel

Wintergreen

**DAIRY***Use organic dairy products.*

Butter, unsalted

Ghee

Yogurt, spiced

Cottage cheese

**OILS**

Canola

Sunflower

**BEVERAGES**

Aloe vera juice

Berry juices, sweet

Mango juice

Apple juice

Carob drinks

Peach nectar

Apricot juice

Carrot-vegetable juice

Soy milk, spiced

Amasake (rice milk)

Grape juice

Yogurt drinks, spiced

**TEAS***Do not use chamomile if you are allergic to ragweed.*

Bancha (twig tea)

Barley (grain tea)

Raspberry

Barley

Hops

Rice (grain tea)

Chamomile

Jasmine

Rose flower

Chicory

Lemon balm

Saffron

Chrysanthemum

Lemon grass

Sarsaparilla

Cinnamon

Lotus

Spearmint

Cloves

Mexican bark

Violet

Elder flower

Orange peel

Wintergreen

Fennel

Peppermint