

Six Tastes as per Ayurveda

- 1. Sweet:** Sugar, milk, unsalted butter, rice, wheat, honey, bananas, coconuts, raisins
- 2. Sour:** Sour yogurt, cheese, vinegar, grapes, tomatoes, citrus fruits like lemons and oranges
- 3. Salty:** Common table salt, seaweed, salted snacks
- 4. Pungent:** Chili, jalapeno, black pepper, garlic, onions, ginger, cumin
- 5. Bitter:** Spinach, kale, and other dark green leafy vegetables
- 6. Astringent:** Beans, tea leaves, unripe bananas

Effects of Tastes on *Doshas*

Vata Increasing	Vata Decreasing
Pungent	Sweet
Bitter	Sour
Astringent	Salty

Pitta Increasing	Pitta Decreasing
Pungent	Sweet
Sour	Bitter
Salty	Astringent

Kapha Increasing	Kapha Decreasing
Sweet	Pungent
Sour	Bitter
Salty	Astringent

Ayurvedic Diet Plan for *Vata* Predominant Constitution (*Prakriti*)

General Considerations:

- As *Vata* dominant people have irregular appetite
- *Vata* people diet important qualities are, warm, heavy, moistening, soothing, satisfying, and grounding. Warm foods are best especially stews
- Use less spices and little salt to prime digestion
- Eating at home is best, eating fast foods are bad for *Vata* people
- *Vata* people are often lactose intolerant
- Avoid eating when nervous, anxious, afraid, deep in thought or worried

- **Vata** people digestive power is least strong so while eating disconnect yourself from work, Tv, Mobile, reading etc.
- Especially for **Vata** skipping meal is not good and over eating is worse. Excess is never good for **Vata** people.
- **Vata** is increased with the age (in old age), summer season, Afternoon time, end phase of the digestion, travel, loud speech, cold and wind. Be careful particularly with the diet and activities at these times.
- Qualities of food that balance **Vata** are: sweet, sour, salty, heavy, oily (not deep fried) and warm. Take mostly these foods in balanced proportion.
- Qualities of food that imbalance **Vata** are: Pungent, bitter, astringent, light, dry, cold. Take these qualities in less proportion or less frequently.

Daily Eating Routine For Vata Types:

- Take 4-5 small meals a day at regular times. Give gap of minimum 3-4 hours between small meals.
- Eat a good breakfast and take a hot milk at night to help with sound sleep
- Daily take 5-6 serving of some whole grain or whole grain product
1-2 serving of high quality protein
2-3 serving of fresh cooked vegetables
1 serving of fruit
Drink plenty of liquid in a day
- **Vata** dominance is responsible for an irregular digestive power. Watch out the signs of poor digestion, like gas, bloating, heaviness in the head and limbs, restlessness or poor elimination feaces (constipation). If such symptoms arise, eat very light until your digestion is not strong.

Grains: Most grains are useful, as they are warming and grounding. Some are too drying for regular use. Yeasted bread and pastries are best avoided as they cause gas and disturb the digestive system. do not use single variety of grains for long, use in variety to avoid allergy. Add little salt, clarified butter to the cooked grains.

To be emphasized	To be taken in moderation	To be avoided
Wheat	Millet	Dried grains
Basmati rice	Buckwheat	Granola
Brown rice	Corn	
Oats	Quinoa	
Khus khus	Barley, Rye	

Legumes:

Beans are an excellent source of protein, but hard for digestion. Splitting the beans makes them light for digestion. Use turmeric, cumin, coriander, ginger, garlic as standard spices when cooking beans. Eat beans in small quantities, chew properly.

To be emphasized	To be taken in moderation	To be avoided
Mung	Tofu	Pinto beans
	Kidney beans	Lentils
	Lima beans	Split peas
	Aduki beans	Soy
	Chickpeas	

Vegetables:

Cooked vegetable are good for Vata, gets digested easily. Raw vegetable are challenge to digest. Salads should be taken by adding little salt.

To be emphasized	To be taken in moderation	To be avoided
Onions (cooked)	Eggplant, Asparagus	Mushrooms
Carrots	Tomatoes, Celery, Spinach	Onions (raw)
Sweet potatoes	Potatoes, Okra, Cauliflower	Brussels sprouts
Chilies	Corn (fresh)	Broccoli
Parsley	Bell peppers, Watercress	Cabbage
Cilantro, Radish	Peas, Turnips, Alfalfa sprouts	Lettuce
Beets, Seaweed	Green beans, Artichoke, Cucumber	

Fruit:

Sweet, moist and well ripened are good for Vata. Dried fruit are too dry unless soaked. Raw can disturb digestion if they are taken just before meal.

To be emphasized	To be taken in moderation	To be avoided
Grapefruit	Pears	Cranberries
Limes	Bananas	Melons
Lemons	Oranges	Dry fruits
Prunes	Peaches	
Strawberries	Apples (cooked)	
Pineapples	Plums, Apricots	
Dates, mango and papayas	Pomegranates	

Nuts and seeds:

Nuts are best soaked and cooked into dishes. Smoothies with nut milk are good for Vata.

To be emphasized	To be taken in moderation	To be avoided
Pecans	Sunflower seeds	None
Walnuts	Coconut	
Almonds	Pumpkin seeds	
Pine nuts		
Cashews		
Sesame seeds		

Dairy:

To be emphasized	To be taken in moderation	To be avoided
Ghee	Cheese	Ice cream
Buttermilk, Yogurt		
Cream, Cottage cheese		

Spice:

Most spice are good unless in excess or extremely strong in taste.

To be emphasized	To be taken in moderation	To be avoided
Nutmeg	Black pepper	None
Fennel, Fenugreek	Mint	
Asafoetida, Basil	Turmeric	
Cardamom, Cumin, Cinnamon	Mustard	
Garlic, Ginger	Cayenne	
Coriander, Cloves	Sea salt	

Oils:

To be emphasized	To be taken in moderation	To be avoided
Ghee (clarified butter)	Peanut	None
Sesame	Mustard	
Butter	Coconut	
Olive	Soy	
Almond	Safflower	

Drinks: drinks are best warm or at room temperature. Coffee and tea are too stimulating. Herbal tea made of the herbs and spices that benefit.

Ayurvedic Diet Plan for *Pitta* Predominant Constitution (Prakriti)

General condition:

- People with dominant *Pitta dosha* usually have a strong appetite that needs to be satisfied regularly. Unsatisfied appetite leads to intense hunger and to outbursts of irritation, even anger.
- Important qualities for *Pitta* diet are cool, slightly dry and little heavy.
- Avoid salt
- Eat main meals or at least a good size meal at midday.
- Avoid late night eating, fresh fruits or vegetable are the best evening snack if appetite demands
- Avoid eating when angry, irritated or in competitive situations, business lunches might be bad idea
- *Pitta*'s strong digestion can lead to the development of abusive habits that cause problems eventually i.e. over eating, eating excessively greasy foods or excessive hot and spicy foods
- Avoid salty, overly cooked, heavily spiced or sour foods as well as caffeine, red meats, alcohol
- *Pitta* is increased in the rainy season, at midday, midnight, young age and during digestion.
- Qualities of food that balance *Pitta*: sweet, astringent and bitter, cool, take equal proportion of all these.
- Qualities of food that imbalance *Pitta*, pungent, hot, sour, light, salty, oily. Take less of these qualities.

Daily eating routine for pitta types:

- Eat 3 meals a day at regular times, leaving atleast 4-6 hours gap between meals.
- Eat a light breakfast and take early lunch
- Take 4-5 serving of whole grains
1-2 serving of high quality protein
3-4 serving for fresh vegetables
1-2 serving of fresh fruits
Drink liquid moderately as per need

Grains:

Grains are good to balance **Pitta dosha**.

To be emphasized	To be taken in moderation	To be avoided
Wheat	Millet	None
Barley	Brown rice (long grain)	
Oats	Blue corn	
Basmati rice	Corn	
Khus khus	Brown rice (short grain)	
Quinoa	Rye	
Granola	Buckwheat	

Legumes:

Pitta people needs great amount of protein to fuel their high drive lifestyle.

To be emphasized	To be taken in moderation	To be avoided
Aduki	Split peas	None
Mung	Soy	
Lima	Lentils	
Tofu	Chickpeas	

Animal food: **Pitta** needs a good amount of protein, most meats are either too fatty or heat producing. Fresh water fish are good. Heavy meat consumption can make the **Pitta** personality too intense and make them attracted to alcohol and drugs for recreation and relaxation.

Dairy: sour and salty dairy products should be avoided. Yogurt may be taken as lassi.

Vegetable: vegetable are good for pitta people. Their high metabolism uses vitamins and minerals quickly, especially vitamin A.

To be emphasized	To be taken in moderation	To be avoided
Celery	Bell peppers	Avocado
Alfalfa sprouts	Parsley	Tomatoes
Cilantro, Cucumber	Potatoes, Turnips	Onions (raw)
Cauliflower, Lettuce	Squash, Eggplant	Chilies
Brussels sprouts	Carrots, Beets	
Cabbage, Green beans	Onions (cooked)	
Broccoli, Mushrooms, Peas (fresh)	Chard, Spinach, Radishes	

Fruits:

Sweet fruits are good, especially fresh figs and grapes. A little lemon for zest is fine. Fruits makes the best evening snacks.

To be emphasized	To be taken in moderation	To be avoided
Apples	Raspberries	Grapefruit
Pomegranate	Oranges	
Cranberry	Plums	
Pineapple	Mango	
Pears, Grapes	Bananas, Cherries	
Prunes, Melons	Limes, Lemons	
Persimmon, Figs, Dates	Apricots, Peaches, Papaya	

Nuts and Seeds:

Generally they are too hot and oily with exception of coconut.

To be emphasized	To be taken in moderation	To be avoided
Sunflower	Pumpkin seeds	Brazil nuts
Coconut	Pine nuts	Walnuts
	Peanuts	Almonds

Spices:

To be emphasized	To be taken in moderation	To be avoided
Coriander	Mint	Asafoetida
Cilantro	Turmeric	Cloves
Fennel	Cardamom	Ginger (dry)
Cumin	Ginger (fresh)	Salt
Peppermint	Nutmeg, Rock salt	Fenugreek, Garlic
Spearmint	Basil, Cinnamon	Horseradish, Black pepper

Oils:

To be emphasized	To be taken in moderation	To be avoided
Ghee	Soy	Peanut
Butter	Sunflower	Almond
Cocunut	Olive	Sesame

Ayurvedic Diet Plan for *Kapha* Predominant Constitution (Prakriti)

General consideration:

- Take low salt, low fat, high fiber, lightly cooked foods
- *Kapha* people are only ones who can easily skip the breakfast, eating between 10am and 6pm is best.
- Take a walk after eating. Avoid sleeping after meals as this adds heaviness in the body.
- Do fasting at least once a week.
- *Kapha* is increased in spring season, early morning, later in the evening, in childhood and initial phase of digestion. Be most careful with the diet during these times, avoid heavy breakfast or late night food.
- Qualities of *Kapha* that balance the *kapha* are pungent, light, dry, astringent, bitter and hot.
- Qualities of food that imbalances the *Kapha* are sweet, heavy, sour, oily, salty and cold. Take these less frequently.

Daily eating routine for *Kapha* type:

- Best to eat twice a day at midday and early evening with at least a 5-6 hours gap between two meals
 - Take only juice or tea for breakfast
 - Take 3-4 serving of whole grains
 - 2 serving of high quality low fat, protein rich foods
 - 4-5 servings of fresh vegetable
 - 1 serving of fruit
- Drink only when thirsty and eat only when feel hungry.

Grains:

Small proportion are helpful to satisfy and sustain energy.

To be emphasized	To be taken in moderation	To be avoided
Dry or popped grains	Buckwheat	Khus khus
Quinoa	Millet	Oats
Barley	Corn	Brown rice
	Rye, Basmati rice	White rice, Wheat

Legumes:

Beans are important as they are the best low fat protein source.

To be emphasized	To be taken in moderation	To be avoided
Aduki	Kidney	None
Lentils	Mung	
Lima	Tofu	
Soy	Split peas, Chickpeas	

Meats: generally should be light quality and cooked with herbs and spices to facilitate fat absorption.

Vegetable: All vegetable that grow above the ground are good. Roots are heavy for regular use. Raw or lightly steamed vegetable are good.

To be emphasized	To be taken in moderation	To be avoided
Broccoli	Bell peppers	Cucumber
Cabbage	Potatoes	Sweet potatoes
Chilies	Parsley	
Celery, Lettuce	Cauliflower, Seaweeds	
Peas, Cilantro, Watercress	Spinach, Corn (fresh)	
Green beans, Mushrooms	Eggplant, Squash	
Carrots, Beets, Asparagus	Tomatoes, Okra	

Fruits:

Fruits that are not too sweet, sour or juicy are best. Dried food are good.

To be emphasized	To be taken in moderation	To be avoided
Cranberry	Grapefruit	Dates
Dry fruits (generally)	Pomegranate	Bananas
Apple	Prunes	Oranges, Plums
	Lime	Pears, Figs, Strawberries
	Lemon, Papaya	Melons, Pineapple, Cherries

Spices:

Use very little salt. Use of herbs or spices to stimulate the palate is very useful.

To be emphasized	To be taken in moderation	To be avoided
Black pepper	Mint	Sea salt
Cayenne, Cumin	Nutmeg	Rock salt
Garlic, Horseradish, Mustard		
Cardamom, Cloves, Cilantro		
Turmeric, Ginger, Coriander		

Oils:

To be emphasized	To be taken in moderation	To be avoided
Safflower	Corn	Olive
Sunflower	Peanut	Almond
Mustard	Ghee	Sesame
	Soy	butter