

Ayurvedic Diet and Food Lists

Six Tastes and Examples

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 Decreasing

Sweet
Sour
Salty

Pitta Decreasing

Sweet
Bitter
Astringent

Kapha Decreasing

Pungent
Bitter
Astringent

Vata Increasing

Pungent
Bitter
Astringent

Pitta Increasing

Pungent
Sour
Salty

Kapha Increasing

Sweet
Sour
Salty

Six Rasas (Tastes) and Their Relation to Panchamahabhutas and Vata, Pitta, Kapha

Rasa - Taste	Predominancy of Mahabhutas in Substances Having a Particular Taste	Influence on Vata, Pitta, Kapha by Substances Having a Particular Taste		
Madhura – sweet	Prithivi + Jala	Vata ↓ Kapha ↑	Pitta ↓	
Amla – sour	Prithivi + Tejas			
Lavana – salty	Jala + Tejas			Pitta ↑
Katu – pungent	Vayu + Tejas	Vata ↑ Kapha ↓	Pitta ↓	
Tikta – bitter	Vayu + Akasha			
Kashaya – astringent	Vayu + Prithivi			

Ayurvedic Individual Constitution Diet Plan for Vata Predominant Constitution

Note: Follow this diet plan for two consecutive weeks (full 14 days) as per the given guidelines and keep the Ayurvedic diary for those 14 days.

Within 2 weeks (approximate total of 42 meals, if average is assumed to be 3 meals per day)

- All the “To be emphasized” foods should be included in your diet minimum 20 to 25 times
- All the “To be taken in moderation” foods should not be included more than 10 to 15 times
- All the “To be avoided” foods should not be included more than 5 times

General Guidelines

Vata predominant constitutions should prefer a diet which is calming, strengthening, grounding, and nourishing. Their food should be warm, moist and heavy. They should prefer sweet, sour and salty tastes. Pungent, bitter and astringent tastes should be avoided. Meals should be small and frequent but regular. Food should be taken warm or steamed or cooked. They should avoid fast food, instant food and junk food. Before eating, the Vata person should make sure that they are not nervous, anxious, afraid or worried. They should concentrate on eating and avoid watching television, conversation, laughing, driving or reading during meals.

Specific Foods for Vata Predominant Constitution		
<u>Fruits</u>		
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)	
Grapes	Pomegranates	
Cherries	Apricots	
Pineapples	Plums	
Raspberries	Persimmons	
Dates		
Mango		
Papayas		
Figs		
<u>Vegetables</u>		
To be emphasized	To be taken in moderation	To be avoided
Onions (cooked)	Eggplant	Mushrooms
Carrots	Tomatoes	Onions (raw)
Sweet potatoes	Potatoes	Brussels sprouts
Chilies	Corn (fresh)	Broccoli
Parsley	Bell peppers	Cabbage
Cilantro	Peas	Lettuce
Beets	Green beans	
Seaweed	Artichoke	
Avocado	Squash	
Radish	Turnips	
	Mustard greens	

Specific Foods for Vata Predominant Constitution (cont.)

Vegetables (cont.)

To be emphasized	To be taken in moderation	To be avoided
	Okra	
	Watercress	
	Alfalfa sprouts	
	Cauliflower	
	Cucumber	
	Sunflower sprouts	
	Asparagus	
	Celery	
	Chard	
	Spinach	

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	

Beans

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	

Nuts and Seeds

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

Dairy

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

Specific Foods for Vata Predominant Constitution (cont.)

Dairy (cont.)

To be emphasized	To be taken in moderation	To be avoided
Butter		
Sour cream		

Animal Product

To be emphasized	To be taken in moderation	To be avoided
Ghee	Turkey	Pork
Buttermilk	Chicken	
Eggs	Lamb	
Fish	Beef	
Shell fish		

Oils

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

Sweeteners

To be emphasized	To be taken in moderation	To be avoided
Jaggery	Fruit sugar	White sugar
Raw sugar	Honey	
Molasses		
Maple syrup		

Spices

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

Ayurvedic Individual Constitution Diet Plan for Pitta Predominant Constitution

Note: Follow this diet plan for two consecutive weeks (full 14 days) as per the given guidelines and keep the Ayurvedic diary for those 14 days.

Within 2 weeks (approximate total of 42 meals, if average is assumed to be 3 meals per day)

- All the “To be emphasized” foods should be included in your diet minimum 20 to 25 times
- All the “To be taken in moderation” foods should not be included more than 10 to 15 times
- All the “To be avoided” foods should not be included more than 5 times

General Guidelines

Pitta predominant constitutions should prefer a diet which is cooking, slightly heavy and a little dry. They should prefer sweet, bitter and astringent tastes whereas avoid sour, salty and pungent tastes since these increase Pitta. They should avoid foods which are fried and overly cooked. Before eating, Pitta constitutions should make sure that they are not angry, irritable or upset. Three regular meals are usually sufficient. Should avoid eating late at night.

Specific Foods for Pitta Predominant Constitution		
<u>Fruit</u>		
To be emphasized	To be taken in moderation	To be avoided
Apples	Raspberries	Grapefruit
Pomegranate	Oranges	
Cranberry	Plums	
Pineapple	Mango	
Pears	Bananas	
Prunes	Limes	
Melons	Lemons	
Persimmon	Apricots	
Figs	Peaches	
Grapes	Cherries	
Dates	Papaya	
<u>Vegetables</u>		
To be emphasized	To be taken in moderation	To be avoided
Celery	Bell peppers	Avocado
Alfalfa sprouts	Parsley	Tomatoes
Cilantro	Potatoes	Onions (raw)
Cauliflower	Squash	Chilies
Sunflower seeds	Corn (fresh)	
Brussels sprouts	Carrots	
Cabbage	Onions (cooked)	
Broccoli	Chard	
Mushrooms	Spinach	
Green beans	Beets	
Lettuce	Eggplant	
Asparagus	Sweet potatoes	
Cucumber	Turnips	
Peas (fresh)	Radishes	
Okra	Seaweeds	

Specific Foods for Pitta Predominant Constitution (cont.)

Vegetables (cont.)

To be emphasized	To be taken in moderation	To be avoided
	Watercress	

Grains

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	

Beans

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

Nuts

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

Oils

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

Dairy

To be emphasized	To be taken in moderation	To be avoided
Cream	Cheese (salted)	Sour cream
Milk	Kefir	Yogurt
Cottage cheese		Buttermilk
Cheese (unsalted)		Ice cream

Animal Products

To be emphasized	To be taken in moderation	To be avoided
None	Chicken (white meat)	Lamb
	Turkey	Shell fish
	Egg white	Pork (red meat)
	Fish	Beef
		Eggs

Specific Foods for Pitta Predominant Constitution (cont.)

Sweeteners

To be emphasized	To be taken in moderation	To be avoided
Jaggery	Molasses	White sugar
Maple syrup	Old honey	
Raw sugar		
Fresh honey		
Fruit sugar		

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	Fenugreek
Spearmint	Basil	Horseradish
	Cinnamon	Black pepper
	Rock salt	Garlic
		Cayenne
		mustard

Ayurvedic Individual Constitution Diet Plan for Kapha Predominant Constitution

Note: Follow this diet plan for two consecutive weeks (full 14 days) as per the given guidelines and keep the Ayurvedic diary for those 14 days.

Within 2 weeks (approximate total of 42 meals, if average is assumed to be 3 meals per day)

- All the “To be emphasized” foods should be included in your diet minimum 20 to 25 times
- All the “To be taken in moderation” foods should not be included more than 10 to 15 times
- All the “To be avoided” foods should not be included more than 5 times

General Guidelines

Kapha predominant constitutions should prefer a diet which is warming, not heavy (light) and dry. They should avoid food that is cold, heavy, and oily. Recommended tastes are pungent, bitter and astringent whereas they should avoid sweet, salty and sour tastes. Kapha constitutions are benefitted by eating less and taking more spices and herbs. Kapha individuals need to eat less in quantity and with less frequency. They should not have more than three meals a day with the main meal at noon (lunch). The other two meals should be light in nature. It is better for a Kapha body type not to eat in the evening, especially heavy items. Fasting seasonally or one day a week is helpful in keeping the Kapha under control. Avoiding breakfast is another healthy idea for them. Sleeping after eating should be avoided.

Specific Foods for Kapha Predominant Constitution		
<u>Fruit</u>		
To be emphasized	To be taken in moderation	To be avoided
Cranberry	Grapefruit	Dates
Dry fruits (generally)	Pomegranate	Bananas
Apple	Prunes	Oranges
	Lime	Pears
	Lemon	Melons
	Papaya	Pineapple
		Figs
		Plums
		Cherries
		Strawberries
<u>Vegetables</u>		
To be emphasized	To be taken in moderation	To be avoided
Broccoli	Bell peppers	Cucumber
Cabbage	Potatoes	Sweet potatoes
Chilies	Parsley	
Celery	Cauliflower	
Peas	Spinach	
Green beans	Eggplant	
Carrots	Tomatoes	
Beets	Okra	
Mushrooms	Squash	
Cilantro	Corn (fresh)	
Lettuce	Seaweeds	
Asparagus		
Watercress		
Turnips		

Specific Foods for Kapha Predominant Constitution (cont.)

Vegetables (cont.)

Mustard greens		
Chard		
Alfalfa sprouts		

Grains

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	White rice
	Basmati rice	Wheat

Beans

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

Nuts

To be emphasized	To be taken in moderation	To be avoided
None	Pumpkin	Walnut
	Sunflower seeds	Cashew
	Coconut	Almond
	Sesame	Pine nut
		Filbert
		Pecan
		Brazil nuts

Oils

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

Dairy

To be emphasized	To be taken in moderation	To be avoided
Soy milk	Goat milk	Butter
Buttermilk	Ghee	Cheese
	Kefir	Ice cream
		Cream
		Sour cream
		Yogurt
		Milk
		Cottage cheese

Specific Foods for Kapha Predominant Constitution (cont.)

Animal Products

To be emphasized	To be taken in moderation	To be avoided
None	Turkey	Beef
	Chicken	Lamb
		Pork
		Eggs
		shellfish

Sweeteners

To be emphasized	To be taken in moderation	To be avoided
None	Honey	Maple syrup
	Jiggery	White sugar
		Brown sugar
		Fruit sugar
		Molasses

Spices

To be emphasized	To be taken in moderation	To be avoided
Black pepper	Mint	Sea salt
Cayenne	Nutmeg	Rock salt
Garlic		
Horseradish		
Mustard		
Cardamom		
Cloves		
Turmeric		
Ginger		
Fennel		
Fenugreek		
Coriander		
Cinnamon		
Cilantro		
Basil		
Cumin		
Asafoetida		
Parsley		

Basic Recipes

Immune Support Breakfast

This is intended to be used to strengthen the immune system and is not designed to be hypoallergenic. Modify as needed for your personal dietary needs.

Ingredients:

Rolled Grains (e.g. oats, barley, rye or rice flakes)	4 Cups
Oat Bran	2 Cups
Dried Fruit (the larger fruit chopped)	¾ Cups
Sunflower Seeds – ground	1 Cup
Raw, Unsalted Nuts – coarsely ground (e.g. almonds, walnuts)	1 Cup
Lecithin Granules	1 Cup
Flax Seed – ground	1 Cup
Milk Thistle – ground (Silybum Marianum)	1 Cup

Procedure:

Grind ingredients in a coffee grinder or blender as needed. Mix, then keep refrigerated.

Serving – Soak for at least 30 minutes (overnight is okay). You can use milk, soymilk, nutmilk, rice milk or water. To increase the protein value, eat this with yogurt, cow milk, goat milk, or soy milk.

Vita-Balancing Tea

4 servings

Ingredients:

4 Cups of water	1 Tablespoon sucanat or rice syrup (optional)
1 Tablespoon fennel seeds	2 pods cardamom
1 Tablespoon coriander seeds	

Procedure:

Heat water in pot. Slightly crush the fennel seeds, coriander seeds, and cardamom pods. Add to water and boil for 3 minutes. Add sucanat or rice syrup and boil for 2 more minutes. Strain and serve hot.

Pitta- Balancing Tea

4 servings

Ingredients:

4 Cups of water	1/8 teaspoon saffron fiber
1 Tablespoon mint leaves	1 Tablespoon sucanut or rice syrup (optional)
1 Tablespoon spearmint leaves	

Procedure:

Heat water in pot. Slightly crush the mint and spearmint leaves. Add to the water and boil for 3 minutes. Add sucanat or rice syrup and saffron fiber and boil for 2 minutes. Stain and serve hot.