

Food Item	Reason
Rice	Sweet, cool; balances Vata and Pitta, increases Kapha. Provides energy and is easily digestible.
Wheat	Sweet, astringent; cool; balances Vata, increases Kapha. Good source of fiber and protein.
Barley	Sweet, astringent; cool; balances Kapha and Pitta, good for Vata. Helps in weight loss.
Millet (Pearl)	Sweet, astringent; cool; balances Kapha and Pitta. High in fiber and minerals.
Millet (Foxtail)	Sweet, astringent; cool; balances Kapha and Pitta. Rich in iron and calcium.
Millet (Finger)	Sweet, astringent; cool; balances Kapha and Pitta. Good for diabetes management.
Oats	Sweet, astringent; cool; balances Vata and Pitta. Rich in fiber and antioxidants.
Quinoa	Sweet, astringent; cool; balances all doshas. Complete protein source.
Ragi	Sweet, astringent; cool; balances Vata and Pitta. High in calcium and iron.
Corn	Sweet, astringent; cool; balances Vata and Pitta. Good source of energy.
Buckwheat	Sweet, astringent; cool; balances Vata and Pitta. Rich in antioxidants.
Amaranth	Sweet, astringent; cool; balances all doshas. High in protein and minerals.
Sorghum	Sweet, astringent; cool; balances Kapha and Pitta. High in fiber.
Mung Beans	Sweet, astringent; cool; balances all doshas. Easy to digest, good source of protein.
Chickpeas	Sweet, astringent; cool; balances Vata and Pitta. High in protein and fiber.
Black Beans	Sweet, astringent; cool; balances Vata and Pitta. Rich in antioxidants.
Kidney Beans	Sweet, astringent; cool; balances Vata and Pitta. Good source of protein and iron.
Horse Gram	Sweet, astringent; cool; balances Vata and Pitta. High in protein and fiber.
Green Gram	Sweet, astringent; cool; balances all doshas. Easy to digest.
Lentils (Masoor)	Sweet, astringent; cool; balances Vata and Pitta. Rich in iron and protein.
Lentils (Moong)	Sweet, astringent; cool; balances all doshas. Easy to digest.
Lentils (Urad)	Sweet, astringent; cool; balances Vata and Pitta. High in protein.

Food Item	Reason
Peas	Sweet, astringent; cool; balances Vata and Pitta. Good source of vitamins.
Soybeans	Sweet, astringent; cool; balances Vata and Pitta. High in protein and isoflavones.
Spinach	Sweet, astringent, bitter; cool; balances Pitta and Kapha. Rich in iron and vitamins.
Kale	Sweet, astringent, bitter; cool; balances Pitta and Kapha. High in antioxidants.
Collard Greens	Sweet, astringent, bitter; cool; balances Pitta and Kapha. Good source of calcium.
Mustard Greens	Sweet, astringent, pungent; warm; balances Kapha and Vata. High in vitamins.
Fenugreek Leaves	Sweet, astringent, bitter; cool; balances Pitta and Kapha. Helps with digestion.
Carrots	Sweet; cool; balances Vata and Pitta. Rich in beta-carotene.
Beets	Sweet, astringent; cool; balances Vata and Pitta. High in antioxidants.
Potatoes	Sweet, astringent; cool; balances Vata and Pitta. Good source of energy.
Sweet Potatoes	Sweet, astringent; cool; balances Vata and Pitta. High in vitamin A.
Radish	Sweet, pungent; cool; balances Kapha and Pitta. Helps with digestion.
Tomatoes	Sweet, sour; cool; balances Vata and Kapha. Rich in lycopene.
Cucumbers	Sweet, astringent; cool; balances Pitta and Vata. Hydrating and cooling.
Eggplant	Sweet, astringent; cool; balances Pitta and Kapha. Low in calories.
Broccoli	Sweet, astringent, bitter; cool; balances Pitta and Kapha. High in vitamins.
Cauliflower	Sweet, astringent; cool; balances Pitta and Kapha. Good source of fiber.
Cabbage	Sweet, astringent; cool; balances Pitta and Kapha. Rich in vitamin C.
Okra	Sweet, astringent; cool; balances Vata and Pitta. High in fiber.
Peas (Vegetable)	Sweet, astringent; cool; balances Vata and Pitta. Good source of protein.
Green Beans	Sweet, astringent; cool; balances Vata and Pitta. Rich in vitamins.
Drumstick Leaves	Sweet, astringent; cool; balances Vata and Pitta. High in calcium and iron.
Pumpkin	Sweet, astringent; cool; balances Vata and Pitta. Rich in vitamin A.
Cowpeas	Sweet, astringent; cool; balances Vata and Pitta. High in protein.
Colocasia Leaves	Sweet, astringent; cool; balances Vata and Pitta. Rich in vitamins.

Food Item	Reason
Amla	Sour, astringent; cool; balances all doshas. High in vitamin C.
Apples	Sweet, astringent; cool; balances Pitta. Rich in fiber.
Bananas	Sweet, astringent; cool; balances Vata. High in potassium.
Pomegranates	Sweet, astringent; cool; balances Pitta and Kapha. Rich in antioxidants.
Figs	Sweet, astringent; cool; balances Vata and Pitta. High in fiber.
Dates	Sweet; cool; balances Vata and Pitta. Rich in minerals.
Raisins	Sweet; cool; balances Vata and Pitta. Good source of iron.
Strawberries	Sweet, astringent; cool; balances Pitta and Kapha. High in antioxidants.
Blueberries	Sweet, astringent; cool; balances Pitta and Kapha. Rich in antioxidants.
Grapes	Sweet, astringent; cool; balances Vata and Pitta. Hydrating.
Mangoes	Sweet, astringent; cool; balances Vata and Pitta. Rich in vitamins.
Papayas	Sweet, astringent; cool; balances Vata and Pitta. High in enzymes.
Oranges	Sweet, sour; cool; balances Vata and Pitta. Rich in vitamin C.
Lemons	Sour; cool; balances Kapha and Pitta. High in vitamin C.
Limes	Sour; cool; balances Kapha and Pitta. Rich in vitamin C.
Guava	Sweet, astringent; cool; balances Pitta and Kapha. High in fiber.
Pineapple	Sweet, astringent; cool; balances Vata and Pitta. Contains bromelain.
Watermelon	Sweet; cool; balances Vata and Pitta. Hydrating.
Muskmelon	Sweet; cool; balances Vata and Pitta. Rich in vitamins.
Coconut	Sweet; cool; balances Vata and Pitta. Good for hydration.
Milk	Sweet; cool; balances Vata and Pitta. Rich in calcium and protein.
Yogurt	Sweet, sour; cool; balances Vata and Pitta. Probiotic.
Ghee	Sweet; cool; balances Vata and Pitta. Good for digestion.
Paneer	Sweet; cool; balances Vata and Pitta. High in protein.
Buttermilk	Sweet, sour; cool; balances Vata and Pitta. Aids digestion.
Cheese	Sweet, astringent; cool; balances Vata and Pitta. Source of calcium.
Almonds	Sweet; cool; balances Vata and Pitta. Rich in healthy fats.
Walnuts	Sweet, astringent; cool; balances Vata and Pitta. High in omega-3s.
Cashews	Sweet; cool; balances Vata and Pitta. Source of magnesium.
Pistachios	Sweet; cool; balances Vata and Pitta. Rich in antioxidants.
Coconut (meat)	Sweet; cool; balances Vata and Pitta. High in fiber.
Sunflower Seeds	Sweet; cool; balances Vata and Pitta. Rich in vitamin E.
Pumpkin Seeds	Sweet; cool; balances Vata and Pitta. High in zinc.
Flax Seeds	Sweet, astringent; cool; balances Vata and Pitta. Rich in omega-3s.

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Chia Seeds	Sweet; cool; balances Vata and Pitta. High in fiber and omega-3s.
Sesame Seeds	Sweet; cool; balances Vata and Pitta. Rich in calcium.
Niger Seeds	Sweet; cool; balances Vata and Pitta. High in oil content.
Turmeric	Bitter, pungent; warm; balances Kapha and Vata. Anti-inflammatory.
Ginger	Pungent; hot; balances Kapha and Vata. Aids digestion.
Cinnamon	Sweet, pungent; hot; balances Kapha and Vata. Regulates blood sugar.
Cardamom	Sweet, pungent; cool; balances all doshas. Freshens breath.
Cumin	Pungent; hot; balances Kapha and Vata. Aids digestion.
Coriander	Sweet, astringent; cool; balances Pitta. Soothes stomach.
Fenugreek	Sweet, astringent; cool; balances Pitta and Kapha. Helps with blood sugar.
Black Pepper	Pungent; hot; balances Kapha and Vata. Aids digestion.
Chili	Pungent; hot; balances Kapha and Vata. Stimulates metabolism.
Garlic	Pungent; hot; balances Kapha and Vata. Antibacterial.
Onion	Sweet, astringent; cool; balances Vata and Pitta. Anti-inflammatory.
Curry Leaves	Pungent; hot; balances Kapha and Vata. Digestive aid.
Tulsi	Sweet, astringent; cool; balances Pitta and Kapha. Calming.
Ashwagandha	Bitter, astringent; warm; balances Vata and Kapha. Reduces stress.
Asafoetida	Pungent; hot; balances Vata and Kapha. Aids digestion.
Long Pepper	Pungent; hot; balances Kapha and Vata. Respiratory aid.
Malabar Nut Leaves	Bitter, astringent; cool; balances Pitta and Kapha. Respiratory support.
Neem Leaves	Bitter, astringent; cool; balances Pitta and Kapha. Detoxifying.
Giloy Stem	Bitter, astringent; cool; balances Pitta and Kapha. Immune booster.
Haritaki Fruit	Sweet, sour, astringent; cool; balances all doshas. Digestive aid.
Bibhitaki Fruit	Sweet, astringent; cool; balances Kapha and Pitta. Respiratory support.
Shatavari Roots	Sweet, astringent; cool; balances Vata and Pitta. Hormonal balance.
Brahmi Leaves	Bitter, astringent; cool; balances Pitta and Kapha. Improves memory.
Liquorice	Sweet; cool; balances Vata and Pitta. Soothes throat.
Pippali	Pungent; hot; balances Kapha and Vata. Respiratory aid.
Punarnava	Bitter, astringent; cool; balances Pitta and Kapha. Diuretic.
Bala	Sweet, astringent; cool; balances Vata and Pitta. Strengthens tissues.
Guduchi	Bitter, astringent; cool; balances Pitta and Kapha. Immune booster.
Honey	Sweet; hot; balances Kapha and Vata. Antibacterial.
Jaggery	Sweet; cool; balances Vata and Pitta. Provides energy.
Date Sugar	Sweet; cool; balances Vata and Pitta. Rich in minerals.

Food Item	Reason
Sugar	Sweet; cool; balances Vata and Pitta. Quick energy source.
Maple Syrup	Sweet; cool; balances Vata and Pitta. Rich in antioxidants.
Stevia	Sweet; cool; balances all doshas. Zero calorie sweetener.
Water	Neutral; cools; balances all doshas. Essential for hydration.
Milk	Sweet; cool; balances Vata and Pitta. Nutritious.
Buttermilk	Sweet, sour; cool; balances Vata and Pitta. Probiotic.
Herbal Teas (Ginger)	Pungent; hot; balances Kapha and Vata. Aids digestion.
Herbal Teas (Tulsi)	Sweet, astringent; cool; balances Pitta and Kapha. Calming.
Traditional Drinks (Panaka)	Varies; cools; balances doshas based on ingredients. Refreshing.
Mutton	Sweet, astringent; hot; balances Vata and Kapha. Protein source.
Fish	Sweet, astringent; cool; balances Vata and Pitta. Omega-3s.
Poultry	Sweet, astringent; cool; balances Vata and Pitta. Protein source.
Eggs	Sweet, astringent; cool; balances Vata and Pitta. High in protein.