| **TABLE SHOWING SATTVIC, RAJASIC AND TAMASIC ARTICLES OF DIET SATTVIC RAJASIC TAMASIC**   | **SATTVIC** | **RAJAS** | **TAMASIC** | | --- | --- | --- | | Cow’s milk | Fish | Beef | | Cream | Eggs | Pork | | Cheese | Meat | Wine | | Butter | Salt | Onions | | Curd | Chillies | Garlic | | Ghee | Chutney | Tobacco | | Sweet fruits | Asafoetida | Rotten things | | Apples | Pickles | Stale things | | Bananas | Tamarind | Unclean things | | Grapes | Mustard | Twice cooked things | | Papaya | Sour things | All intoxicants | | Pomegranates | Hot things | All liquors | | Mangoes | Tea | All drugs | | Oranges | Coffee |  | | Pears | Cocoa |  | | Pineapples | Ovaltine |  | | Guavas | White sugar |  | | Figs | Carrots |  | | Vegetables | Turnips |  | | Coconut | Spices |  | | Brinjals |  |  | | Potatoes |  |  | | Cabbages |  |  | | Spinach |  |  |   Tomatoes. Cucumber. Pumpkin. Cauliflower. Lady’s finger. Peaches. Almonds. Pistachios. Raisins. Wheat. Red rice. Unpolished rice. Barley. Oat-meal. Dried peas. Dates. Sugar- candy. Green gram. Bengal gram. Green pulse. Groundnut. Cereals. Dried ginger. Myrobalan. Lemon. Honey. Charu. | | |
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