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| Pitta Dosha **List of favorable food items** | | | | | | | | |
| Vegetables | Fruits | Grains | Dairy | Meat | Oil | Beverages | Nuts    &  Seeds | Herbs  &  Spices |
| Asparagus Broccoli Brussels sprouts Cabbage Cauliflower Celery Cucumber Green beans Green (sweet) peppers Leafy green vegetables Lettuce Mushrooms Okra Parsley Peas Potatoes Sprouts Squash Sweet potatoes Zucchini | Apples Avocados Cherries Coconut Figs Dark grapes Mangoes Melons Oranges Pears Pineapples Plums Prunes Raisins | Barley Oats Wheat White rice (prefer basmati rice) | Butter Egg whites Ghee (clarified butter )- unless you are watching cholesterol Ice cream Milk | Chicken Shrimp Turkey (All in small amounts) | Coconut Olive Soy Sunflower | Almond milk aloe vera juice apple juice apricot juice berry juice (sweet) black tea carob chai (hot, spiced milk)\* cherry juice (sweet) cool dairy drinks grain "coffee" grape juice mango juice mixed veg. juice orange juice peach nectar pomegranate juice prune juice pear juice rice milk soy milk vegetable bouillon | Coconut Pumpkin seeds Sunflower seeds | Spices are generally avoided as too heating. In small amounts, the following sweet and astringent spices are OK  Cardamom Cilantro(green coriander) Cinnamon Coriander seed Dill Fennel Mint Saffron Turmeric  Plus small amounts of cumin and black pepper |
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| **List of unfavorable food items** | | | | | | | | |
| Vegetables | Fruits | Grains | Dairy | Meat | Oil | Beverages | Nuts    &  Seeds | Herbs  &  Spices |
| Beets Carrots Eggplant Garlic Hot peppers Onions Radishes Spinach Tomatoes | Apricots Bananas Berries Cherries (sour) Cranberries Grapefruit Papayas Peaches Persimmons | Brown rice Corn Millet Rye | Buttermilk Cheese Egg yolks Sour cream Yogurt | Red meat and sea food in general ) | Almond Corn Safflower Sesame | Apple cider berry juice (sour) caffeinated beverages carbonated drinks carrot juice cherry juice (sour) chocolate milk coffee cranberry juice grapefruit juice iced tea iced drinks lemonade papaya juice tomato juice sour juices | All, except mentioned above | All pungent herbs and spices, except as noted. Take only the minimal amounts of the following:  Barbecue sauce Catsup Mustard Pickles Salt Sour salad dressings Spicy condiments Vinegar |