

## Ayurvedic Food Guidelines for Pacifying Vata Dosha

| <b>FRUITS (Favour)</b>            | <b>FRUITS (Avoid)</b>             | <b>VEGETABLES (Favour)</b>                    | <b>VEGETABLES (Avoid)</b>                        |
|-----------------------------------|-----------------------------------|---|--|
| <i>Generally most sweet fruit</i> | <i>Generally most dried fruit</i> | <i>In general vegetables should be cooked</i> | <i>Generally frozen, raw or dried vegetables</i> |
| apples (cooked)                   | apples (raw)                      | asparagus                                     | artichoke  |
| applesauce                        | cranberries                       | beets   | beet greens**                                    |
| apricots                          | dates (dry)                       | cabbage (cooked)                              | bitter melon                                     |
| avocado                           | figs (dry)                        | carrots                                       | broccoli   |
| bananas                           | pears                             | cauliflower*                                  | brussels sprouts                                 |
| berries                           | pomegranates                      | cilantro                                      | burdock root                                     |
| cherries                          | raisins (dry)                     | cucumber                                      | cabbage (raw)                                    |
| coconut                           | prunes (dry)                      | daikon radish*                                | cauliflower (raw)                                |
| dates (fresh)                     | watermelon                        | fennel (anise)                                | celery   |
| figs (fresh)                      |                                   | garlic  | corn (fresh)**                                   |
| grapefruit                        |                                   | green beans                                   | dandelion greens                                 |
| grapes                            |                                   | green chilies                                 | eggplant   |
| kiwi                              |                                   | jerusalem artichoke*                          | horseradish**                                    |
| lemons                            |                                   | leafy greens *                                | kale   |
| limes                             |                                   | leeks   | kohlrabi   |
| mangoes                           |                                   | lettuce*                                      | olives, green                                    |
| melons                            |                                   | mustard greens*                               | onions (raw)                                     |
| oranges                           |                                   | okra  | peppers, sweet & hot                             |
| papaya                            |                                   | olives, black                                 | potatoes, white                                  |
| peaches                           |                                   | onions (cooked)*                              | prickly pear (fruit & leaves)                    |
| pineapple                         |                                   | parsley*                                      | radish (raw)                                     |
| plums                             |                                   | parsnip                                       | tomatoes (cooked)**                              |
| prunes (soaked)                   |                                   | peas (cooked)                                 | turnips  |
| raisins (soaked)                  |                                   | potatoes, sweet                               | wheat grass sprouts                              |
| rhubarb                           |                                   | pumpkin                                       |  |
| strawberries                      |                                   | radishes (cooked)*                            |  |
| tamarind                          |                                   | rutabaga                                      |  |
|                                   |                                   | spaghetti squash*                             |  |
|                                   |                                   | spinach (cooked)*                             |  |

## Ayurvedic Food Guidelines for Pacifying Pitta Dosha

| <b>FRUITS (Favour)</b>            | <b>FRUITS (Avoid)</b>            | <b>VEGETABLES (Favour)</b>                          | <b>VEGETABLES (Avoid)</b>                |
|-----------------------------------|----------------------------------|---|--|
| <i>Generally most sweet fruit</i> | <i>Generally most sour fruit</i> | <i>Generally most sweet &amp; bitter vegetables</i> | <i>Generally most pungent vegetables</i> |
| apples (sweet)                    | apples (sour)                    | artichoke   | beet greens                              |
| applesauce                        | apricots (sour)                  | asparagus   | beets raw                                |
| apricots (sweet)                  | bananas                          | beets (cooked)                                      | burdock root                             |
| avocado                           | berries (sour)                   | bitter melon  | corn (fresh)**                           |
| berries (sweet)                   | cherries (sour)                  | broccoli  | daikon radish                            |
| cherries (sweet)                  | cranberries                      | brussels sprouts                                    | eggplant**                               |
| coconut                           | grapefruit                       | cabbage   | garlic                                   |
| dates                             | grapes (green)                   | carrots (cooked)                                    | green chilies                            |
| figs                              | kiwi**                           | carrots (raw)*                                      | horseradish                              |
| grapes (red & purple)             | lemons                           | cauliflower   | kohlrabi**                               |
| limes*                            | mangos (green)                   | celery  | leeks (raw)                              |
| mangoes (ripe)                    | oranges (sour)                   | cilantro  | mustard greens                           |
| melons                            | peaches                          | cucumber  | olives, green                            |
| oranges (sweet)                   | persimmons                       | dandelion greens                                    | onions (raw)                             |
| papaya*                           | pineapple (sour)                 | fennel (anise)                                      | peppers (hot)                            |
| pears                             | plums (sour)                     | green beans   | prickly pear (fruit)                     |
| pineapple (sweet)                 | rhubarb                          | jerusalem artichoke                                 | radishes (raw)                           |
| pomegranates                      | strawberries                     | kale  | spinach (cooked)**                       |
| prunes                            | tamarind                         | leafy greens  | spinach (raw)                            |
| raisins                           |                                  | leeks (cooked)                                      | tomatoes                                 |
| watermelon                        |                                  | lettuce   | turnip greens                            |
|                                   |                                  | okra  | turnips                                  |
|                                   |                                  | olives, black                                       |  |
|                                   |                                  | onions (cooked)                                     |  |
|                                   |                                  | parsley   |  |
|                                   |                                  | parsnips  |  |
|                                   |                                  | peas  |  |
|                                   |                                  | peppers, sweet                                      |  |
|                                   |                                  | potatoes, sweet & white                             |  |

## Ayurvedic Food Guidelines for Pacifying Kapha Dosha

| <b>FRUITS (Favour)</b>                 | <b>FRUITS (Avoid)</b>                        | <b>VEGETABLES (Favour)</b>                             | <b>VEGETABLES (Avoid)</b>                       |
|--|--|--|---|
| <i>Generally most astringent fruit</i> | <i>Generally most sweet &amp; sour fruit</i> | <i>In general most pungent &amp; bitter vegetables</i> | <i>In general, sweet &amp; juicy vegetables</i> |
| apples                                 | avocado                                      | artichoke  | cucumber  |
| applesauce                             | bananas                                      | asparagus  | olives, black or green                          |
| apricots                               | coconut                                      | beet greens  | parsnips**                                      |
| berries                                | dates  | beets  | potatoes, sweet                                 |
| cherries                               | figs (fresh)                                 | bitter melon   | squash, winter                                  |
| cranberries                            | grapefruit                                   | broccoli   | Taro root                                       |
| figs (dry)*                            | kiwi   | brussels sprouts                                       | tomatoes (raw)                                  |
| grapes*                                | mangos**                                     | burdock root   | zucchini  |
| lemons*                                | melons                                       | cabbage  |   |
| limes*                                 | oranges                                      | carrots  |   |
| peaches                                | papaya                                       | cauliflower  |   |
| pears                                  | pineapple                                    | celery   |   |
| persimmons                             | plums  | cilantro   |   |
| pomegranates                           | rhubarb                                      | corn   |   |
| prunes                                 | tamarind                                     | daikon radish  |   |
| raisins                                | watermelon                                   | dandelion greens                                       |   |
| strawberries*                          |  | eggplant   |   |
|  |  | fennel (anise)   |   |
|  |  | garlic   |   |
|  |  | green beans  |   |
|  |  | green chilies  |   |
|  |  | horseradish  |   |
|  |  | jerusalem artichoke                                    |   |
|  |  | kale   |   |
|  |  | onions   |   |
|  |  | leafy greens   |   |
|  |  | leeks  |   |
|  |  | lettuce  |   |
|  |  | mustard greens   |   |