

AYURVEDA FOOD LIST

The foods you see listed will “minimize” the Dosha. You eat this food to “pacify and lessen” the dosha under which it is listed.

VATA	PITTA	KAPHA
FRUITS	FRUITS	FRUITS
Apples (cooked) Applesauce Apricots Avocados Bananas Dates (Fresh) Figs (Fresh) Lemons/Limes Kiwi Mangoes Oranges Papaya Pineapple Tamarind	Apples (sweet) Applesauce Apricots (sweet) Avocados Berries (sweet) Coconuts Grapes Mangoes (ripe) Melons Pears Plums (sweet) Pomegranates Prunes/Raisins Watermelon	Apples Applesauce Apricots Berries Cherries Cranberries Pears Persimmons Pomegranates Prunes/Raisins
VEGETABLES	VEGETABLES	VEGETABLES
Asparagus Beets Carrots Cilantro Cucumber Garlic Green Beans Leeks Okra Parsnip Peas (cooked) Sweet Potatoes Pumpkins Rutabaga Squashes Taro Root Watercress Zucchini Yams	Artichoke Asparagus Bitter Melon Broccoli Brussels Sprouts Celery Cilantro Cucumber Dandelion Greens Fennel Green Beans Kale Lettuce Parsley Parsnips Sweet Potatoes Pumpkin Radishes (cooked) Squash Taro Root Wheat Grass Zucchini	Artichoke Asparagus Beet Greens/Beets Bitter Melon Broccoli Brussels Sprouts Carrots Celery Dandelion Greens Eggplant Garlic Green Beans Kale Leafy Greens Mustard Greens Onions Parsley Peas Peppers Spinach Squash, winter Turnip Greens/Turnips Watercress Wheat Grass
OILS	OILS	OILS
Sesame Ghee Olive Avocado	Sunflower Ghee Olive Flax Seed Primrose Walnut	Corn Sunflower Ghee Almond

OVERALL FOOD SUGGESTIONS

Do not combine the following foods with Milk: Meat, Fish, Salt, Yogurt, Fruit (Milk is cold and takes long to digest; Meats are heating and also take a long time to digest. The combination will cause toxins in the blood).

Do not eat Cheese with Fruit. (The fruit causes the Milk in the Cheese to “curdle” and causes sour stomach & lots of acidity).

All spices are good to use. They help you with your digestion and add flavor to your food.

Don't eat too much Red Meat. Better to eat Chicken, Turkey, and Fish. (The bi-product of meat digestion increases acidity).

Avoid drinking “iced water” one hour before, during, and after a meal. Cold decreases metabolism causing allergies & colds.