

* ok occasionally
 ** ok rarely

	VATA		PITTA		KAPHA	
	FAVOR	AVOID	FAVOR	AVOID	FAVOR	AVOID
Vegetables	<i>In general vegetables should be cooked. Avoid raw and dried.</i>		<i>In general, sweet & bitter vegetables are best. Avoid pungent.</i>		<i>In general, pungent & bitter vegetables are best. Avoid sweet & juicy.</i>	
	Asparagus Beets, cooked Carrots Cilantro Cucumber* Fennel Garlic (cooked) Green beans Leafy greens* Leeks Lettuce* Okra Olives, black Onions (cooked)* Parsley Parsnip Peas Potatoes, sweet Pumpkin Sprouts* Squash Watercress Zucchini	Artichoke Beet greens** Bitter melon Broccoli Brussels sprouts Cabbage Cauliflower** Celery Corn** Dandelion greens Eggplant Horseradish** Kale Kohlrabi Mushrooms Olives, green Peppers Potatoes, white Radish Tomatoes Turnips Wheat grass	Artichoke Asparagus Beets, cooked Bitter melon Broccoli Brussels sprouts Cabbage Carrots Cauliflower Celery Cilantro Cucumber Dandelion greens Fennel Green beans Kale Leafy greens Leeks Lettuce Mushrooms* Okra Olives, black Onions (cooked)* Parsley Parsnips* Peas Peppers, sweet Potatoes, sweet Pumpkin Sprouts, not spicy Squash Watercress* Wheat grass Zucchini	Beet greens Corn** Eggplant Garlic Chillies Horseradish Kohlrabi** Mustard greens Olives, green Radishes Spinach Tomatoes Turnip greens Turnips Watercress	Artichoke Asparagus Beet greens Beets Bitter melon Broccoli Brussels sprouts Cabbage Carrots* Cauliflower Celery Chillies Cilantro Corn* Dandelion greens Fennel Garlic Green beans Horseradish Kale Kohlrabi Leafy greens Leeks Lettuce Mushrooms* Mustard greens Okra Onions Parsley Peas Peppers Radishes Spinach Sprouts Squash Turnip greens Turnips Watercress Wheat grass	Cucumber Eggplant** Olives Parsnips** Potatoes Pumpkin Tomatoes Zucchini
Legumes	Lentils (red)* Mung beans (green) Mung dal (yellow) Tur dal* Tamari Urad dal*	Aduki beans Black beans Black-eyed peas Garbanzo beans Kidney beans Lima beans Miso** Navy beans Soy milk** Tofu** Peas (dried) Pinto beans Soy beans Soy flour Split peas Tempeh** White beans	Aduki beans Black beans Black-eyed peas Garbanzo beans Kidney beans Lentils Lima beans Mung beans (green) Mung dal (yellow) Navy beans Peas (dried) Pinto beans Soy beans Soy flour* Soy milk* Split peas Tempeh* Tofu White beans	Miso Tur dal Urad dal	Aduki beans Black beans Black-eyed peas Garbanzo beans Lentils Lima beans Mung beans (green) Mung dal (yellow) Navy beans Peas (dried) Pinto beans Soy milk* Split peas Tempeh Tofu (warm)* Tur dal White beans	Kidney beans Miso Soy beans Soy flour Tofu (cold) Urad dal

VATA		PITTA		KAPHA	
FAVOR	AVOID	FAVOR	AVOID	FAVOR	AVOID
Grains					
<i>Best are eaten cooked & warm</i>					
Amaranth*	Barley	Amaranth	Bread (with yeast)	Amaranth*	Bread (with yeast)
Oatmeal	Bread (with yeast)**	Barley	Buckwheat	Barley	Oats
Quinoa	Buckwheat	Couscous	Corn	Buckwheat	Rice (brown, white)
Rice (all)	Corn	Granola	Millet	Corn	Wheat
Spelt*	Couscous	Muesli*	Polenta**	Couscous	
Wheat	Granola	Oat bran	Rice (brown)**	Millet	
	Millet	Oatmeal	Rye	Polenta	
	Muesli	Quinoa		Quinoa*	
	Oat bran	Rice (basmati, wild)		Rice (basmati)*	
	Oats (dry)	Spelt		Rye	
	Polenta**	Wheat		Spelt*	
	Rye	Wheat bran			
	Wheat bran				
Fruits (should be eaten separately)					
<i>In general, sweet fruit is best. Avoid dry.</i>		<i>In general, sweet fruit is best. Avoid sour.</i>		<i>In general, astringent fruit is best. Avoid sweet & sour.</i>	
Apples (cooked)	Apples (raw)	Apples (sweet)	Apples (sour)	Apples	Avocado
Apricots	Cranberries	Apricots (sweet)	Bananas	Apricots	Bananas
Avocado	Pears	Avocado	Cranberries	Berries	Coconut
Bananas	Persimmons	Berries (sweet)	Grapefruit	Cherries	Dates
Berries	Pomegranates	Cherries (sweet)	Grapes (green)	Cranberries	Figs (fresh)
Cherries		Coconut	Kiwi	Cherries	Grapefruit
Coconut		Dates	Lemons	Figs (dry)*	Kiwi
Dates (fresh or soaked)		Figs	Peaches	Grapes*	Mangoes**
Figs (fresh or soaked)		Grapes (red&purple)	Persimmons	Lemons*	Melons
Grapefruit		Limes*	Rhubarb	Peaches*	Oranges
Grapes		Mangoes		Pears	Papaya
Kiwis		Melons		Persimmons	Pineapple
Lemons		Oranges (sweet)*		Pomegranates	Plums
Limes		Papaya*		Prunes*	Rhubarb
Mangoes		Pears		Raisins*	Watermelon
Melons		Pineapple (sweet)*		Strawberries*	
Oranges		Plums (sweet)			
Papaya		Pomegranates			
Peaches		Prunes			
Pineapple		Raisins			
Plums		Strawberries (sweet)*			
Prunes (soaked)		Watermelon			
Raisins (soaked)					
Rhubarb (cooked)					
Strawberries					
Dairy					
<i>Most dairy is good!</i>					
Butter	Ice cream**	Butter (unsalted)	Butter (salted)	Buttermilk*	Butter
Buttermilk	Yogurt**	Cheese (soft, unsalted)	Buttermilk	Cottage cheese (skimmed)	Cheese
Cheese (hard)*		Cottage cheese	Cheese (hard)	Ghee*	Cow's milk
Cheese (soft)		Cow's milk	Sour cream	Goat's cheese (unsalted)*	Ice cream
Cottage cheese		Ghee	Yogurt**	Goat's milk (skim)	Sour cream
Cow's milk		Goat's milk		Yogurt (diluted)	Yogurt
Ghee		Goat's cheese			
Goat's cheese		Ice cream*			
Goat's milk		Yogurt (diluted)*			
Sour cream*					
Yogurt (diluted & spiced)					
Animal foods					
Beef	Lamb	Buffalo	Beef	Chicken	Beef
Buffalo	Pork	Chicken	Duck	Eggs	Buffalo
Chicken	Rabbit	Eggs (white)	Eggs (yolk)	Fish, freshwater	Duck
Duck	Venison	Fish, freshwater	Fish, sea	Rabbit	Fish, sea
Eggs		Rabbit	Lamb	Shrimp	Lamb
Fish		Shrimp*	Pork	Turkey	Pork
Seafood		Turkey	Seafood	Venison	Seafood
Turkey		Venison			

VATA		PITTA		KAPHA		
	FAVOR	AVOID	FAVOR	AVOID	FAVOR	AVOID
Nuts	<i>5-10 nuts/day</i>					
	Almonds Brazil nuts Cashews Coconut Filberts Hazelnuts Macadamia nuts Pecans Pine nuts Pistachios Walnuts	Peanuts	Almonds (peeled) Coconut	Brazil nuts Cashews Filberts Hazelnuts Macadamia nuts Peanuts Pecans Pine nuts Pistachios Walnuts		Almonds (peeled)** Brazil nuts Cashews Coconut Filberts Hazelnuts Macadamia nuts Peanuts Pecans Pine nuts Pistachios Walnuts
Seeds	Flax	Popcorn	Flax	Sesame	Flax*	Halva
	Halva Pumpkin Sesame Sunflower		Halva Popcorn (no salt) Pumpkin* Sunflower		Popcorn (no salt, no butter) Pumpkin* Sunflower*	Sesame
Oils	<i>Most oils are very good!</i>				<i>Use only in small amounts!</i>	
	Avocado Coconut Ghee Olive Sesame Walnut	Flax seed	Avocado Coconut Flax seed Ghee Olive Primrose Sunflower Walnut	Almond Apricot Corn Safflower Sesame	Almond Canola Corn Ghee Sunflower	Avocado Apricot Coconut Flax seed** Olive Primrose Safflower Walnut
Condiments	Chutney	Chocolate**	Chutney (sweet)	Chocolate	Chutney (spicy)	Chocolate
	Cilantro Gomasio Kelp Kombu Lemon Lime Mustard Pickles Seaweed Soy sauce* Sprouts* Tamari Vinegar	Horseradish** Ketchup** Mayonnaise	Cilantro Kombu* Lime* Sprouts, not spicy Seaweed* Tamari*	Chutney (spicy) Gomasio Horseradish Kelp Ketchup Mustard Lemon Mayonnaise Pickles Soy sauce Vinegar	Mustard (without vinegar) Seaweed* Sprouts	Chutney (sweet) Gomasio Kelp Ketchup Lime** Mayonnaise Pickles Soy sauce Tamari Vinegar
Sweeteners	Barley malt	Maple syrup**	Barley malt	Honey (raw)**	Fruit juice concentrates	Barley malt
	Fructose Fruit juice concentrates Honey (raw) Jaggary Molasses Rice syrup Sugar cane juice Turbinado	White sugar	Fructose Fruit juice concentrates Maple syrup Rice syrup Sugar cane juice Turbinado	Jaggary Molasses White sugar	Honey (raw)	Fructose Jaggary Maple syrup Molasses Rice syrup Sugar cane juice Turbinado White sugar

	VATA		PITTA		KAPHA		
	FAVOR	AVOID	FAVOR	AVOID	FAVOR	AVOID	
Spices	<i>All spices are good!</i>				<i>All spices, except salt, are good.</i>		
	Ajwan Allspice Anise Asafoetida (Hing) Basil Bay leaf Black pepper Caraway Cardamom Cayenne* Cinnamon Cloves Coriander Cumin Dill Fennel Fenugreek* Garlic (cooked) Ginger Marjoram Mint Mustard seeds Nutmeg Oregano Paprika Parsley Peppermint Pippali Poppy seeds Rosemary Saffron Salt Spearmint Star anise Tarragon Thyme Turmeric Wintergreen		Basil (fresh) Caraway* Cardamom* Cinnamon* Coriander Cumin Dill Fennel Ginger (fresh) Mint Parsley* Peppermint Saffron Spearmint Turmeric Wintergreen	Ajwan Allspice Anise Asafoetida (Hing) Basil (dry) Bay leaf Black pepper** Cayenne Cloves Fenugreek Garlic Ginger (dry) Marjoram Mustard seeds Nutmeg Oregano Paprika Pippali Poppy seeds Rosemary Sage Salt Star anise Thyme		Ajwan Allspice Anise Asafoetida (Hing) Basil Bay leaf Black pepper Caraway Cardamom Cayenne Cinnamon Cloves Coriander Cumin Dill Fennel* Fenugreek Garlic Ginger Marjoram Mint Mustard seeds Nutmeg Oregano Paprika Parsley Peppermint Pippali Poppy seeds Rosemary Saffron Spearmint Star anise Tarragon Thyme Turmeric Wintergreen	Salt

	FAVOR	AVOID	FAVOR	AVOID	FAVOR	AVOID
Beverages	<i>Fruit juices are better diluted. Drink them alone and not with your food.</i>					
	Almond milk Aloe vera juice Apple cider Apricot juice Beer* Berry juice (except cranberry) Carrot juice* Chai* Cherry juice Grape juice Grapefruit juice Lemonade, fresh Mango juice Miso broth* Orange juice Papaya juice Peach nectar Pineapple juice Rice milk Soy milk (warm & spiced)* Vegetable bouillon	Alcohol (hard, red/white wine) Apple juice Black tea Caffeinated beverages Carbonated drinks Chocolate milk** Coffee Cold dairy drinks Cranberry juice Iced tea Pear juice Pomegranate juice Prune juice** Tomato juice V-8 juice	Almond milk Aloe vera juice Apple juice Apricot juice Beer* Berry juice (sweet) Chai* Cherry juice (sweet) Cool dairy drinks Grape juice Peach nectar Pear juice Pomegranate juice Prune juice Rice milk Soy milk* Vegetable bouillon	Alcohol (hard; red/white wine) Apple cider Berry juice (sour) Caffeinated beverages Carbonated drinks Carrot juice Chocolate milk Coffee Cranberry juice Grapefruit juice Lemonade Orange juice Papaya juice Pineapple juice Tomato juice V-8 juice	Alcohol (dry wine, red or white)* Aloe vera juice Apple cider Apple juice* Apricot juice* Berry juice* Black tea (spiced)* Carrot juice* Chai* Cherry juice* Cranberry juice Grape juice* Pomegranate juice Prune juice* Soy milk (hot & spiced)	Alcohol (hard; beer; sweet wine) Almond milk Caffeinated beverages** Carbonated drinks Chocolate milk Coffee Cold dairy drinks Grapefruit juice Iced tea Lemonade Miso broth Orange juice Papaya juice Rice milk** Tomato juice V-8 juice