

Fruits

Vata

Avoid	Favor
Generally most dried fruit	Generally most sweet fruit
Apples (raw)	Apples (cooked)
Cranberries	Applesauce
Dates (dry)	Apricots
Figs (dry)	Avocado
Pears	Bananas
Persimmons	Berries
Pomegranates	Cherries
Raisins (dry)	Coconut
Prunes (dry)	Dates (fresh)
Watermelon	Figs (fresh)
	Grapefruit
	Grapes
	Kiwi
	Lemons
	Limes
	Mangoes
	Melons
	Oranges
	Papaya
	Peaches
	Pineapple
	Plums
	Prunes (soaked)
	Raisins (soaked)
	Rhubarb
	Strawberries
	Tamarind

Pitta

Avoid	Favor
Generally most sour fruit Apples (sour) Apricots (sour) Bananas Berries (sour) Cherries (sour) Cranberries Grapefruit Grapes (green) Kiwi** Lemons Mangoes (green) Oranges (sour) Peaches Persimmons Pineapple (sour) Plums (sour) Rhubarb Tamarind	Generally most sweet fruit Apples (sweet) Applesauce Apricots (sweet) Avocado Berries (sweet) Cherries (sweet) Coconut Dates Figs Grapes (red & purple) Limes Mangoes (ripe) Melons Oranges (sweet) Papaya Pears Pineapple (sweet) Plums (sweet) Pomegranates Prunes Raisins Strawberries Watermelon

Kapha

Avoid	Favor
Generally most sweet & sour fruit Avocado Bananas Coconut Dates Figs (fresh) Grapefruit Kiwi Mangos Melons Oranges Papaya Pineapple Plums Rhubarb Tamarind Watermelon	Generally most astringent fruit Apples Applesauce Apricots Berries Cherries Cranberries Figs (dry) Grapes Lemons Limes Peaches Pears Persimmons Pomegranates Prunes Raisins Strawberries

Vegetables

Vata

Avoid	Favor
Generally frozen, raw or dried vegetables	In general, vegetables should be cooked
Artichoke	Asparagus
Beet greens	Beets
Bitter melon	Cabbage (cooked)
Broccoli	Carrots
Brussels sprouts	Cauliflower
Burdock root	Cilantro
Cabbage (raw)	Cucumber
Cauliflower (raw)	Daikon radish
Celery	Fennel (Anise)
Corn (fresh)	Garlic
Dandelion greens	Green beans
Eggplant	Green chilies
Horseradish	Jerusalem
Kale	artichoke
Kohlrabi	Leafy greens
Mushrooms	Leeks
Olives, green	Lettuce
Onions (raw)	Mustard greens
Peas (raw)	Okra
Peppers, sweet & hot	Olives, black
Potatoes, white	Onions (cooked) Parsley
Prickly pear (fruit & leaves)	Parsnip
Radish (raw)	Peas (cooked)
Squash, winter	Potatoes, sweet
Tomatoes (cooked)	Pumpkin
Tomatoes (raw) Turnips	Radishes (cooked)
Wheat grass, sprouts	Rutabaga
	Spaghetti squash
	Spinach (cooked)
	Spinach (raw)
	Sprouts
	Squash, summer

	Taro root Turnip greens Watercress Zucchini
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Pitta

Avoid	Fevor
In general, pungent vegetables	In general, sweet & bitter vegetables
Beet greens	Artichoke
Beets (raw)	Asparagus
Burdock root	Beets (cooked)
Corn (fresh)	Bitter melon
Daikon radish	Broccoli
Eggplant	Brussels sprouts
Garlic	Cabbage
Green chilies	Carrots (cooked)
Horseradish	Carrots (raw)
Kohlrabi	Cauliflower
Leeks (raw)	Celery
Mustard greens	Cilantro
Olives, green	Cucumber
Onions (raw)	Dandelion greens
Peppers (hot)	Fennel (Anise)
Prickly pear (fruit)	Green beans
Radishes (raw)	Jerusalem artichoke
Spinach (cooked)	Kale
Spinach (raw)	Leafy greens
Tomatoes	Leeks (cooked)
Turnip greens	Lettuce
Turnips	Mushrooms
	Okra
	Olives, black Onions (cooked)
	Parsley
	Parsnips
	Peas
	Peppers, sweet
	Potatoes, sweet & white

	Prickly pear (leaves) Pumpkin Radishes (cooked) Rutabaga Spaghetti squash Sprouts (not spicy) Squash, winter and summer Taro root Watercress Wheat grass, sprouts Zucchini
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Kapha

Avoid	Fevor
In general, sweet & juicy vegetables	In general, most pungent & bitter vegetables
Cucumber	Artichoke
Olives, black or green	Asparagus
Parsnips	Beet greens
Potatoes, sweet	Beets
Pumpkin	Bitter melon
Squash, summer	Broccoli
Taro root	Brussels sprouts
Tomatoes (raw)	Burdock root
Zucchini	Cabbage
	Carrots
	Cauliflower
	Celery
	Cilantro
	Corn
	Daikon radish
	Dandelion greens
	Eggplant
	Fennel (Anise)
	Garlic
	Green beans
	Green chilies
	Horseradish
	Jerusalem artichoke
	Kale
	Kohlrabi
	Leafy greens
	Leeks
	Lettuce
	Mushrooms
	Mustard greens

	Okra Onions Parsley Peas Peppers, sweet & hot Potatoes, white Prickly pear (fruit & leaves) Radishes Rutabaga Spaghetti squash Spinach Sprouts Squash, winter Tomatoes (cooked) Turnip greens Turnips Watercress Wheat grass, sprouts
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Grains

Vata

Avoid	Fevor
Barley Bread (with yeast) Buckwheat Cereals (cold, dry or puffed) Corn Couscous Crackers Granola Millet Muesli Oat bran Oats (dry) Pasta Polenta	Amaranth Durham flour Oats (cooked) Pancakes Quinoa Rice (all kinds) Seitan (wheat meat) Sprouted wheat bread (Essene) Wheat

Rice cakes Rye Sago Spelt Tapioca Wheat bran	
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Pitta

Avoid	Fevor
Bread (with yeast) Buckwheat Corn Millet Muesli Oats (dry) Polenta Rice (brown) Rye	Amaranth Barley Cereal, dry Couscous Crackers Durham flour Granola Oat bran Oats (cooked) Pancakes Pasta Quinoa Rice (basmati, white, wild) Rice cakes Seitan (wheat meat) Spelt Sprouted wheat bread (Essene) Tapioca Wheat Wheat bran

Kapha

Avoid	Fevor
Bread (with yeast) Oats (cooked) Pancakes Pasta Rice (brown, white) Rice cakes Wheat	Amaranth Barley Buckwheat Cereal (cold, dry or puffed) Corn Couscous Crackers Durham flour Granola Millet Muesli Oat bran Oats (dry) Polenta Quinoa Rice (basmati, wild) Rye Seitan (wheat meat) Spelt Sprouted wheat bread (Essene) Tapioca Wheat bran

Legumes

Vata

Avoid	Fevor
Aduki beans Black beans Black-eyed peas Chick peas (garbanzo beans) Kidney beans Lentils (brown) Lima beans Miso Navy beans Peas (dried) Pinto beans Soy beans Soy flour Soy powder Split peas Tempeh White beans	Lentils (red) Mung beans Mung dal Soy cheese Soy milk Soy sauce Soy sausages Tofu Tur dal Urad dal

Pitta

Avoid	Fevor
Miso Soy sauce Soy sausages Tur dal Urad dal	Aduki beans Black beans Black-eyed peas Chick peas (garbanzo beans) Kidney beans Lentils, brown & red Lima beans Mung beans Mung dal Navy beans Peas (dried) Pinto beans

	Soy beans Soy cheese Soy flour Soy milk Soy powder Split peas Tempeh Tofu White beans
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Kapha

Avoid	Fevor
Kidney beans Soy beans Soy cheese Soy flour Soy powder Soy sauce Tofu (cold) Urad dal Miso	Aduki beans Black beans Black-eyed peas Chick peas (garbanzo beans) Lentils (red& brown) Lima beans Mung beans Mung dal* Navy beans Peas (dried) Pinto beans Soy milk Soy sausages Split peas Tempeh Tofu (hot) Tur dal White beans

Dairy

Vata

Avoid	Fevor
Cow's milk (powdered)	Most dairy is good!

Goat's milk (powdered) Yogurt (plain, frozen or w/ fruit)	Butter Buttermilk Butter Cheese (hard) Cheese (soft) Cottage cheese Cow's milk Ghee Goat's cheese Goat's milk Ice cream Sour cream Yogurt (diluted & spiced)
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Pitta

Avoid	Favor
Butter (salted) Buttermilk Cheese (hard) Sour cream Yogurt (plain, frozen or w/fruit)	Butter (unsalted) Cheese (soft, not aged, unsalted) Cottage cheese Cow's milk Ghee Goat's milk Goat's cheese (soft, unsalted) Ice cream Yogurt (freshly made & diluted)

Kapha

Avoid	Favor
Butter (salted) Butter (unsalted) Cheese (soft & hard) Cow's milk Ice cream Sour cream Yogurt (plain, frozen or w/fruit)	Buttermilk Cottage cheese (from skimmed goat's milk) Ghee Goat's cheese (unsalted & not aged) Goat's milk, skim Yogurt (diluted)

Animal Foods

Vata

Avoid	Fevor
Lamb Pork Rabbit Venison Turkey (white)	Beef Buffalo Chicken (dark) Chicken (white) Duck Eggs Fish (freshwater or sea) Salmon Sardines Seafood Shrimp Tuna fish Turkey (dark)

Pitta

Avoid	Fevor
Beef Chicken (dark) Duck Eggs (yolk) Fish (sea) Lamb Pork Salmon Sardines Seafood Tuna fish Turkey (dark)	Buffalo Chicken (white) Eggs (albumen or white only) Fish (freshwater) Rabbit Shrimp Turkey (white) Venison

Kapha

Avoid	Fevor
Beef	Chicken (white)

Buffalo	Eggs
Chicken (dark)	Fish (freshwater)
Duck	Rabbit
Fish (sea)	Shrimp
Lamb	Turkey (white)
Pork	Venison
Salmon	
Sardines	
Seafood	
Tuna fish	
Turkey (dark)	

Condiments

Vata

Avoid	Fevor
Chocolate	Black pepper
Horseradish	Chutney, mango (sweet or spicy)
	Chili peppers
	Coriander leaves
	Dulse
	Gomasio
	Hijiki
	Kelp
	Ketchup
	Kombu
	Lemon
	Lime
	Lime pickle
	Mango pickle
	Mayonnaise
	Mustard
	Pickles
	Salt
	Scallions
	Seaweed
	Soy sauce
	Sprouts

	Tamari Vinegar
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Pitta

Avoid	Favor
Chili pepper	Black pepper
Chocolate	Chutney, mango (sweet)
Chutney, mango (spicy)	Coriander leaves
Gomasio	Dulse
Horseradish	Hijiki
Kelp	Kombu
Ketchup	Lime
Mustard	Sprouts
Lemon	Salt
Lime pickle	Seaweed
Mango pickle	Tamari
Mayonnaise	
Pickles	
Salt (in excess)	
Scallions	
Soy sauce	
Vinegar	

Kapha

Avoid	Favor
Chocolate	Black pepper
Chutney, mango (sweet)	Chili Peppers
Gomasio	Chutney, mango (spicy)
Kelp	Coriander leaves
Ketchup	Dulse
Lime	Hijiki
Lime pickle	Horseradish
Mango pickle	Lemon
Mayonnaise	Mustard (without vinegar)
Pickles	Scallions

Salt Soy sauce Tamari Vinegar	Seaweed Sprouts
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Nuts

Vata

Avoid	Favor
None	In moderation: Almonds Black walnuts Brazil nuts Cashews Charole Coconut Filberts Hazelnuts Macadamia nuts Peanuts Pecans Pine nuts Pistachios Walnuts

Pitta

Avoid	Favor
Almonds (with skin) Black walnuts Brazil nuts Cashews Filberts Hazelnuts Macadamia nuts Peanuts Pecans Pine nuts	Almonds (soaked and peeled) Charole Coconut

Pistachios Walnuts	
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Kapha

Avoid	Favor
Almonds (soaked and peeled) Black walnuts Brazil nuts Cashews Coconut Filberts Hazelnuts Macadamia nuts Peanuts Pecans Pine nuts Pistachios Walnuts	Charole

Seeds

Vata

Avoid	Favor
Popcorn Psyllium	Chia Flax Halva Pumpkin Sesame Sunflower Tahini

Pitta

Avoid	Favor
Chia	Flax

Sesame Tahini	Halva Popcorn (no salt, buttered) Psyllium Pumpkin Sunflower
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Kapha

Avoid	Fevor
Halva Psyllium Sesame Tahini	Chia Flax Popcorn (no salt, no butter) Pumpkin Sunflower

Oils

Vata

Avoid	Fevor
Flax seed	For internal & external use: (most suitable at top of list) Sesame Ghee Olive Most other oils External use only: Coconut Avocado

Pitta

Avoid	Fevor
Almond Apricot Corn Safflower	For internal & external use: (most suitable at top of list) Sunflower Ghee

Sesame	Canola Olive Soy Flax seed Primrose Walnut External use only: Avocado Coconut
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Kapha

Avoid	Favor
Avocado Apricot Coconut Flax seed Olive Primrose Safflower Sesame (internal) Soy Walnut	For internal & external use in small amounts: (Most suitable at top of list) Corn Canola Sesame (external) Sunflower Ghee Almond

Beverages

Vata

Avoid	Favor
Alcohol (hard; red wine) Apple juice Black tea Caffeinated beverages Carbonated drinks Chocolate milk Coffee Cold dairy drinks Cranberry juice	Alcohol (beer; white wine) Almond milk Aloe vera juice Apple cider Apricot juice Berry juice (except for cranberry) Carob Carrot juice Chai (hot spiced milk)

Iced tea Icy cold drinks Pear juice Pomegranate juice Prune juice Soy milk (cold) Tomato juice V-8 Juice	Cherry juice Grain "coffee" Grape juice Grapefruit juice Lemonade Mango juice Miso broth Orange juice Papaya juice Peach nectar Pineapple juice Rice milk Sour juices Soy milk (hot & well-spiced) Vegetable bouillon
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Pitta

Avoid	Fevor
Alcohol (hard; red & sweet wine) Apple cider Berry juice (sour) Caffeinated beverages Carbonated drinks Carrot juice Cherry juice (sour) Chocolate milk Coffee Cranberry juice Grapefruit juice Iced tea Icy cold drinks Lemonade Papaya juice Pineapple juice Tomato juice V-8 juice Sour juices	Alcohol (beer; dry white wine) 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 Miso broth Mixed veg. juice Orange juice Peach nectar Pear juice Pomegranate juice Prune juice

	Rice milk Soy milk Vegetable bouillon
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Kapha

Avoid	Fevor
Alcohol (hard; beer; sweet wine)	Alcohol (dry wine, red or white)
Almond milk	Aloe vera juice
Caffeinated beverages	Apple cider
Carbonated drinks	Apple juice
Cherry juice (sour)	Apricot juice
Chocolate milk	Berry juice
Coffee	Black tea (spiced)
Cold dairy drinks	Carob
Grapefruit juice	Carrot juice
Iced tea	Chai (hot, spiced milk)
Icy cold drinks	Cherry juice (sweet)
Lemonade	Cranberry juice
Miso broth	Grain "coffee"
Orange Juice	Grape juice
Papaya juice	Mango juice
Rice milk	Peach nectar
Sour juices	Pear juice
Soy milk (cold)	Pineapple juice
Tomato juice	Pomegranate juice
V-8 Juice	Prune juice
	Soy milk (hot & well-spiced)

Herbal Teas

Vata

Avoid	Fevor
Alfalfa	Ajwan
Barley	Bancha
Basil	Catnip
Blackberry	Chamomile
Borage	Chicory

Burdock	Chrysanthemum
Cinnamon	Clove
Cornsilk	Comfrey
Dandelion	Elder Flower
Ginseng	Eucalyptus
Hibiscus	Fennel
Hops	Fenugreek
Jasmine	Ginger (fresh)
Lemon balm	Hawthorne
Mormon tea	Juniper berry
Nettle	Kukicha
Passion flower	Lavender
Red clover	Lemon grass
Red Zinger	Licorice
Violet	Marshmallow
Yarrow	Oat straw
Yerba Mate	Orange peel
	Pennyroyal
	Peppermint
	Raspberry
	Rosehips
	Saffron
	Sage
	Sarsaparilla
	Sassafras
	Spearmint
	Strawberry
	Wintergreen

Pitta

Avoid	Fevor
Ajwan	Alfalfa
Basil	Bancha
Clove	Barley
Eucalyptus	Blackberry
Fenugreek	Borage

Ginger (dry)	Burdock
Ginseng	Catnip
Hawthorne	Chamomile
Juniper berry	Chicory
Mormon tea	Comfrey
Pennyroyal	Dandelion
Red Zinger	Fennel
Rosehip	Ginger (fresh)
Sage	Hibiscus
Sassafras	Hops
Yerba Mate	Jasmine
	Kukicha
	Lavender
	Lemon balm
	Lemon grass
	Licorice
	Marshmallow
	Nettle
	Oat Straw
	Passion flower
	Peppermint
	Raspberry
	Red clover
	Sarsaparilla
	Spearmint
	Strawberry
	Violet
	Wintergreen
	Yarrow

Kapha

Avoid	Fevor
Licorice	Alfalfa
Marshmallow	Bancha
Red Zinger	Barley
Rosehip	Blackberry
	Burdock

	Chamomile Chicory Cinnamon Clove Comfrey Dandelion Fennel Fenugreek Ginger Ginseng Hibiscus Jasmine Juniper berry Kukicha Lavender Lemon balm Lemon grass Mormon tea Nettle Passion flower Peppermint Raspberry Red clover Sarsaparilla Sassafras Spearmint Strawberry Wintergreen Yarrow Yerba Mate
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Spices

Vata

Avoid	Favor
None	All spices are good! Ajwan Allspice

	Almond extract
	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
	Orange peel
	Oregano
	Paprika
	Parsley
	Peppermint
	Pippali
	Poppy seeds
	Rosemary
	Saffron
	Salt
	Savory
	Spearmint
	Star anise
	Tarragon
	Thyme
	Turmeric
	Vanilla
	Wintergreen

Pitta

Avoid	Fevor
Ajwan	Basil (fresh)
Allspice	Black pepper
Almond extract	Caraway
Anise	Cardamom
Asafoetida (hing)	Cinnamon
Basil (dry)	Coriander
Bay leaf	Cumin
Cayenne	Dill
Cloves	Fennel
Fenugreek	Ginger (fresh)
Garlic	Mint
Ginger (dry)	Neem leaves
Mace	Orange peel
Marjoram	Parsley*
Mustard seeds	Peppermint
Nutmeg	Saffron
Oregano	Spearmint
Paprika	Tarragon
Pippali	Turmeric
Poppy seeds	Vanilla
Rosemary	Wintergreen
Sage	
Salt	
Savory	
Star anise	
Thyme	

Kapha

Avoid	Fevor
Salt	All spices are good
	Ajwan
	Allspice
	Almond extract
	Anise

	Asafoetida (hing)
	Basil
	Bay leaf
	Black pepper
	Caraway
	Cardamom
	Cayenne
	Cinnamon
	Cloves
	Coriander
	Cumin
	Dill
	Fennel
	Fenugreek
	Garlic
	Ginger
	Marjoram
	Mint
	Mustard seeds
	Neem leaves
	Nutmeg
	Orange peel
	Oregano
	Paprika
	Parsley
	Peppermint
	Pippali
	Poppy seeds
	Rosemary
	Saffron
	Savory
	Spearmint
	Star Anise
	Tarragon
	Thyme
	Turmeric
	Vanilla
	Wintergree

Sweeteners

Vata

Avoid	Fevor
Maple syrup White sugar	Barley malt Fructose Fruit juice concentrates Honey Jaggary Molasses Rice syrup Dried or fresh sugar cane juice Turbinado

Pitta

Avoid	Fevor
White sugar Honey Jaggary Molasses	Barley malt Fructose Fruit juice concentrates Maple syrup Rice syrup Dried or fresh sugar cane juice Turbinado

Kapha

Avoid	Fevor
Barley Malt Fructose Jaggary Maple syrup Molasses Rice syrup	Fruit juice concentrates Honey (raw & not processed)

Dried or fresh sugar cane juice Turbinado White sugar	
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Food Supplements

Vata

Avoid	Favor
Barley green Brewer's yeast Vitamins: K	Aloe vera juice Bee pollen Amino acids Minerals: calcium, copper, iron, magnesium, zinc Royal jelly Spirulina Blue-green algae Vitamins: A, B1, B2, B6, B12, C, D, E, P (bioflavonoids) and Folic Acid

Pitta

Avoid	Favor
Amino acids Bee pollen Royal jelly Minerals: copper, iron Vitamins: B2, B6, C, E, P (bioflavonoids), and	Aloe vera juice Barley green Brewer's yeast Minerals: calcium, magnesium, zinc Spirulina

Folic Acid	Blue-green algae Vitamins: A, B1, B12, D and K
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Kapha

Avoid	Fevor
Minerals: potassium Vitamins: A, B1, B2, B12, D, and E	Aloe vera juice Amino acids Barley green Bee pollen Brewer's yeast Minerals: copper, calcium, iron, magnesium, zinc Royal jelly Spirolina Blue-green algae Vitamins: B6, C, P (bioflavonoids), and Folic Acid