

PITTA DIETARY CHART

FOOD TYPE	FAVOR	LIMIT
FRUITS 	Sweet, cooling fruits; apples, pears, avocado, sweet berries, sweet cherries, coconut, figs, dates, raisins, grapes, ripe mango, watermelon, plums, pomegranates	Sour, heating fruits, bananas, sour berries, sour cherries, all citrus fruit except limes, kiwi, green mango, persimmons, rhubarb, tamarind
VEGGIES 	Sweet and bitter veggies; asparagus, cooked beets, bitter melon, broccoli, brussel sprouts, cabbage, cauliflower, celery, cilantro, cucumber, dandelion greens, fennel, green beans, kale, leafy greens, mushrooms, okra, parsley, parsnips, sweet potatoes, squash (winter and summer), white potatoes, zucchini	Spicy and sour veggies; all nightshades; daikon radish, eggplant, garlic, peppers, onion, olives, raw beets, tomatoes
GRAINS	Whole grains; amaranth, barley, basmati rice, dry cereal, couscous, crackers, granola, cooked oats, pasta, white quinoa, spelt, whole wheat	All refined grains; corn, millet, brown rice, rye
DAIRY 	Milk (warmed and spiced), butter (unsalted), ghee, sweet lassi, sweet cream, goat cheese (unsalted) ***Avoid all dairy except ghee if you are lactose intolerant	Cold milk, butter (salted), sour cream, yogurt, ice cream, hard, aged cheese

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LEGUMES	Adzuki beans , black beans, black-eyed peas, garbanzo beans, kidney beans, mung beans, pinto beans, split peas ***Avoid all canned beans	Lentils (alright on occasion), miso, soy sauce, soy beans and soy products, tur dal, urad dal
NUTS AND SEEDS 	Soaked and peeled raw almonds, coconut, flax seeds, unsalted popcorn, unsalted pumpkin seeds, unsalted sunflower seeds	Almonds with peel, brazil nuts, cashews, hazel nuts, macadamia nuts, peanuts, pecans, pistachios, walnuts, sesame seeds, tahini
OILS	Coconut, flaxseed, primrose, avocado, olive, sunflower, ghee	Sesame, almond, canola, corn, safflower, peanut, vegetable
SPICES	Cooling spices; cardamom, fresh ginger, fresh basil, cloves, fennel, coriander, mint, parsley, turmeric	Heating spices; cayenne, cinnamon, dry basil, oregano, fenugreek, dry ginger, garlic, onion, nutmeg, mustard seeds, rosemary, thyme
ANIMAL PRODUCTS 	Egg whites, buffalo, white meat chicken, fresh water fish, white meat turkey, venison	Egg yolks, red meat, dark meat chicken, dark meat turkey, pork, lamb, salt water fish, seafood
SWEETENERS	Maple syrup, fruit juice concentrate, sucanat, turbinado	Corn syrup, refined sugar, jaggary, honey (in small amounts is alright), molasses