

# KAPHA FOOD CHART

FOOD TYPE	FAVOR	LIMIT
<p data-bbox="354 422 444 457">Fruits</p> 	<p data-bbox="623 384 1037 657">Astringent fruit: apples, applesauce, apricots, berries, cherries, cranberries, figs (dry), grapes, lemons, limes, peaches, pears, persimmons, pomegranates, prunes, strawberries</p>	<p data-bbox="1066 384 1429 695">Sweet and sour fruit: avocado, bananas, coconut, dates, figs (fresh), grapefruit, kiwi, mangoes, melons, oranges, pineapple, plums, rhubarb, tamarind, watermelon</p>
<p data-bbox="342 940 456 976">Veggies</p> 	<p data-bbox="613 741 1047 1331">Pungent and bitter vegetables; artichoke, asparagus, beets, bitter melon, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, cilantro, corn, eggplant, fennel, garlic, green beans, green chilies, Jerusalem artichokes, leafy greens, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, peas, peppers, radishes, spinach, summer squash, tomatoes (cooked), turnips, watercress, wheatgrass, sprouts</p>	<p data-bbox="1057 905 1429 1136">Sweet and juicy vegetables; cucumber, olives, parsnips, sweet potatoes, pumpkin, winter squash, white potatoes, tomatoes (raw), zucchini</p>
<p data-bbox="350 1419 448 1455">Grains</p>	<p data-bbox="613 1339 1047 1535">Amaranth, barley, buckwheat, dry cereal, corn, couscous, crackers, granola, millet, muesli, oat bran, dry oats, polenta, quinoa, rye, seitan</p>	<p data-bbox="1062 1377 1424 1497">Bread with yeast, cooked oats, gluten, pancakes, pasta, rice, wheat</p>
<p data-bbox="355 1577 443 1612">Dairy</p> 	<p data-bbox="609 1577 1029 1776">Cottage cheese, ghee, goat cheese, goat milk, spiced lassi  ***Avoid all dairy except ghee if you are lactose intolerant</p>	<p data-bbox="1062 1619 1424 1738">Butter, cow's milk, cow's milk cheese, ice cream, sour cream, yogurt</p>

FOOD TYPE	FAVOR	LIMIT
<p>Legumes</p>	<p>Adzuki beans, black beans, black-eyed peas, chickpeas, lentils, lima beans, mung beans, mung dal, navy beans, pinto beans, split peas, tempeh, tur dal, white beans</p>	<p>Kidney beans, soybeans, soy cheese, soy flour, soy powder, soy sauce, tofu, urad dal, miso</p>
<p>Nuts and seeds</p> 	<p>Almonds (soaked and peeled), chia seed, flax seed, popcorn (no salt or butter), unsalted pumpkin seeds, unsalted sunflower seeds</p>	<p>Brazil nuts, cashews, coconut, filberts, hazelnuts, macadamia nuts, peanuts, pecans, pine nuts, pistachios, walnuts, sesame seeds, tahini</p>
<p>Oils</p>	<p>Corn(non-GMO), canola (non-GMO), sesame (external use only), sunflower, ghee, almond</p>	<p>Avocado, apricot, coconut, olive, primrose, safflower, sesame, soy, walnut</p>
<p>Spices</p> 	<p>All warming spices; cumin, coriander, fennel, turmeric, dry ginger, black pepper, ajwain, cayenne, mustard seed, nutmeg, cardamom, pippali, cinnamon, cloves, anise</p>	<p>Salt</p>
<p>Animal Products</p> 	<p>Chicken (white), egg white, fish (freshwater), shrimp, turkey (white), venison</p>	<p>Beef, buffalo, chicken (dark), egg yolk, fish (sea), lamb, pork, salmon, sardines, seafood, tuna fish, turkey (dark)</p>
<p>Sweeteners</p>	<p>Honey, fruit, molasses</p>	<p>White sugar, maple syrup, cane sugar, corn syrup</p>