







VATA FOOD CHART

FOOD TYPE	FAVOR	LIMIT
<p data-bbox="354 384 444 422">Fruits</p> 	<p data-bbox="613 344 1047 772">Sweet fruits; cooked apples, applesauce, apricots, avocado, bananas, berries, cherries, coconut, fresh dates, fresh figs, grapefruit, grapes, kiwi, lemons, limes, mangoes, melons, oranges, papaya, peaches, pineapple, plums, soaked prunes, soaked raisons, rhubarb, strawberries, tamarind</p>	<p data-bbox="1062 422 1429 657">Dried fruits; raw apples, cranberries, dry dates, dry figs, pears, persimmons, pomegranates, dry prunes, dry raisons, watermelon</p>
<p data-bbox="342 898 456 936">Veggies</p> 	<p data-bbox="613 898 1047 1178">Well-cooked veggies; asparagus, beets, carrots, cilantro, cucumber, fennel, green beans, leeks, okra, black olives, parsnip, cooked peas, sweet potato, pumpkin, winter and summer squash, zucchini</p>	<p data-bbox="1062 821 1429 1255">Frozen or raw veggies; artichoke, beet greens, bitter melon, broccoli, brussel sprouts, cabbage, cauliflower, celery, corn, leafy greens, eggplant, kohlrabi, mushrooms, green olives, onion, peppers, white potato, radish, tomatoes, turnips, wheatgrass, sprouts</p>
<p data-bbox="354 1419 444 1457">Grains</p>	<p data-bbox="613 1377 1047 1535">Amaranth, cooked oats, pancakes, quinoa, rice, spelt, seitan, sprouted wheat bread, whole wheat</p>	<p data-bbox="1062 1299 1429 1570">All refined grains; barley, bread with yeast, buckwheat, dry cereal, corn, couscous, crackers, granola, millet, muesli, oat bran, dry oats, rice cakes, rye, wheat bran</p>
<p data-bbox="354 1619 444 1656">Dairy</p> 	<p data-bbox="613 1583 1047 1738">Organic and whole fat milk (warmed and spiced), butter, buttermilk, cheese (in moderation), ghee, yogurt</p> <p data-bbox="613 1780 1047 1850">***Avoid all dairy except ghee if you are lactose intolerant</p>	<p data-bbox="1133 1696 1354 1734">Powdered milk</p>

<p>Legumes</p>	<p>Red lentils, mung beans, mung dal</p> <p>***All legumes should be soaked overnight</p> <p>***Avoid all canned beans</p>	<p>Adzuki beans, black beans, black-eyed peas, chickpeas, kidney beans, brown lentils, lima beans, miso, navy beans, split peas, pinto beans, soybeans, soy flour, soy powder, tempeh</p>
<p>Nuts and seeds</p> 	<p>Eat in moderation: almonds, brazil nuts, cashews, coconut, filberts, hazelnuts, macadamia nuts, peanuts, pecans, pine nuts, pistachios, walnuts, chia, flax, pumpkin, sesame, sunflower, tahini</p> <p>***All nuts should be soaked overnight and have the skin removed if appropriate</p>	<p>Popcorn</p>
<p>Oils</p>	<p>Sesame, ghee, olive, most other oils; for external only: coconut, avocado</p>	<p>Flaxseed</p>
<p>Spices</p> 	<p>All warming spices; cumin, coriander, fennel, turmeric, fresh ginger, black pepper, ajwain, hing, mustard seed, nutmeg, cardamom, cinnamon, cloves, anise</p>	<p>None</p>
<p>Animal Products</p> 	<p>Beef, buffalo, chicken, eggs, fish, salmon, sardines, seafood, shrimp, tuna, turkey (dark)</p>	<p>Lamb, pork, venison, turkey (white)</p>
<p>Sweeteners</p>	<p>Honey, maple syrup, jaggary, fruit, molasses, rice syrup</p>	<p>White sugar, cane sugar, corn syrup, agave</p>