






VATA-KAPHA DIET CHART

FOOD TYPE	FAVOR	LIMIT
<p style="text-align: center;">FRUITS</p> 	<p>Applesauce (in moderation), apricots, cherries, strawberries, blueberries, black berries, raspberries, grapes, grapefruit (in moderation), lemons, limes, pears, peaches, plums (in moderation), prunes</p>	<p>Dried fruits, unripened fruit, raw apples, persimmons, watermelon; high sugar fruits such as pineapple, bananas, dates, and mangos; avocado, coconut, kiwi, figs, and cranberries, fruit juice</p>
<p style="text-align: center;">VEGGIES</p> 	<p>Favor well-cooked or steamed veggies; asparagus, beets, cooked broccoli, carrots, cilantro, cooked cauliflower, fennel, green beans, green onion, leeks, onion (cooked), okra, peas, pumpkin (in moderation), summer squash, zucchini (in moderation), cooked kale (in moderation), cooked spinach (in moderation), chili peppers (in very small amounts), garlic</p>	<p>All frozen or raw veggies; cucumber, bitter melon, raw broccoli, brussel sprouts, cabbage, raw cauliflower, celery, corn, raw leafy greens, kohlrabi, mushrooms, olives; nightshades including tomato, white potato, peppers, and eggplant; radish, turnips, wheatgrass, sprouts, lettuce (in small amounts in summer only)</p>
<p style="text-align: center;">GRAINS</p>	<p>Amaranth, buckwheat, quinoa, well-cooked millet (mushy and soft), pearly barley, couscous (in moderation), brown rice (in moderation), red rice (in moderation)</p>	<p>All refined grains, all uncooked or dry grains, wheat, gluten, pasta, bread with yeast, white rice, dry cereal, corn, oats, crackers, granola, dry millet, muesli, oat bran, dry oats, rice cakes, dry toast, wheat bran</p>
<p style="text-align: center;">DAIRY</p> 	<p>Ghee, goat milk, goat yogurt, feta cheese (in moderation), paneer (in moderation), homemade yogurt, homemade kefir, lassi (not mango lassi)</p>	<p>Cow milk, powdered milk, cheese, ice cream, sour cream, store bought yogurt, butter</p>

<p style="text-align: center;">LEGUMES</p>	<p>Red lentils, mung beans, mung dal, tur dal, chickpeas (soaked, well-cooked, and in very small amounts only)</p> <p>*All legumes should be soaked overnight to help the digestion</p>	<p>Adzuki beans, black beans, black-eyed peas, chickpeas (in large amounts), kidney beans, brown lentils, lima beans, miso, navy beans, split peas, pinto beans, soybeans, soy flour, soy powder, tempeh, miso, urad dal</p>
<p style="text-align: center;">NUTS AND SEEDS</p> 	<p>Almonds (soaked and skins removed), walnuts (in moderation), soaked chia seed, ground flax seed, pumpkin seeds, hemp seeds, sunflower seeds, sesame seeds (in moderation)</p> <p>*All nuts and seeds listed are best raw and unsalted</p>	<p>Popcorn, peanuts, almonds with peel, cashews, brazil nuts, hazelnuts; all roasted and salted nuts or seeds</p>
<p style="text-align: center;">ANIMAL PROTEIN</p>	<p>White meat chicken, white meat turkey, egg whites, salmon (in moderation), tuna, tilapia, non-oily seafood and fish</p>	<p>Red meat, pork, egg yolks, dark meat chicken or turkey, oily fish and seafood</p>
<p style="text-align: center;">OILS</p>	<p>Ghee, olive oil (in small amounts), sunflower oil, flaxseed oil, sesame oil</p>	<p>Peanut oil, vegetable oil, canola oil, coconut oil, corn oil, safflower oil, mustard oil, avocado oil</p>
<p style="text-align: center;">SPICES</p> 	<p>Cumin, coriander, fennel, turmeric, fresh ginger, dry ginger (in moderation), black pepper, cardamom, cloves, cilantro, cinnamon, fenugreek, garlic, brown mustard seeds, rosemary, thyme, oregano, cayenne pepper (in small amounts), pink Himalayan or mineral salt (in moderation)</p>	<p>Table salt, sea salt (small amounts only)</p>
<p style="text-align: center;">SWEETENERS</p>	<p>Honey (raw and in moderation), jaggery (in moderation)</p>	<p>Agave, white sugar, cane sugar, refined sugars, maple syrup, coconut sugar, date sugar, molasses, rice syrup</p>

