






## PITTA-KAPHA DIET CHART

FOOD TYPE	FAVOR	LIMIT
<b>FRUITS</b> 	Apples, applesauce (in moderation), apricots, cherries, blueberries, dry figs, grapes, limes, pears, peaches, plums (in moderation), pomegranates, prunes	Avocado, bananas, all citrus (except lime), coconut, dates, fresh figs, kiwi, mangos, melons, fruit juice, tamarind, sour fruit
<b>VEGGIES</b> 	Asparagus, bitter greens, bitter melon, broccoli, carrots, cilantro, cauliflower, fennel, green beans, green onion, kale, leeks, okra, peas (in moderation), zucchini (in moderation), white onion (in moderation), yellow squash (in moderation)	Beets, cucumber, daikon, garlic, olives, nightshades including tomato, white potato, peppers, and eggplant; purple onion, radish, turnips
<b>GRAINS</b>	Amaranth, barley, buckwheat, corn (in moderation), couscous, dry oats, granola, muesli, oat bran, quinoa, millet, red rice (in moderation)	All refined grains, bread with yeast, brown rice, cooked oats, gluten, pasta, white rice, wheat, wheat bran
<b>DAIRY</b> 	Ghee, goat milk, goat yogurt, feta cheese (in moderation), paneer (in moderation), homemade yogurt, homemade kefir, lassi (not mango lassi)	Cow milk, powdered milk, cheese, ice cream, sour cream, store bought yogurt, butter
<b>LEGUMES</b>	Black beans, black eyed peas, chickpeas, lentils (in moderation), lima beans, mung beans, mung dal, navy beans, pinto beans, split peas	Kidney beans, soybeans, soy flour, soy powder, tempeh, miso, tur dal, urad dal

<p><b>NUTS AND SEEDS</b></p> 	<p>Almonds (soaked and skins removed), walnuts (in moderation), chia seed, ground flax seed, pumpkin seeds, hemp seeds, sunflower seeds</p> <p>*All nuts and seeds listed are best raw and unsalted</p>	<p>Almonds with peel, cashews, brazil nuts, hazelnuts, macadamia nuts, peanuts, pecans, pistachios, sesame seeds, all roasted and salted nuts or seeds</p>
<p><b>ANIMAL PROTEIN</b></p>	<p>White meat chicken, white meat turkey, egg whites, tuna, tilapia, non-oily seafood and fish</p>	<p>Red meat, pork, egg yolks, dark meat chicken or turkey, oily fish and seafood, roe</p>
<p><b>OILS</b></p>	<p>Ghee, olive oil, sunflower oil, flaxseed oil</p> <p>*All oils listed should be enjoyed in moderation only</p>	<p>Avocado oil, canola oil, coconut oil, corn oil, peanut oil, safflower oil, mustard oil, vegetable oil</p>
<p><b>SPICES</b></p> 	<p>Black pepper (in moderation), cardamom, cloves, cilantro, cumin, coriander, fennel, fresh ginger, mineral salt (in moderation), pink Himalayan, turmeric</p>	<p>Brown mustard seeds, cayenne pepper, cinnamon, dry ginger, fenugreek, oregano, rosemary, sea salt, table salt, thyme</p>
<p><b>SWEETENERS</b></p>	<p>Fruit juice concentrate, raw honey, maple syrup</p> <p>*All sweeteners listed should be used in moderation only</p>	<p>Agave, cane sugar, coconut sugar, date sugar, jaggery, molasses, refined sugars, rice syrup, white sugar</p>