






## Tridoshic Food List

FOOD TYPE	FAVOR
<p style="text-align: center;"><b>Fruits</b></p> 	<p>Apples (cooked), Applesauce, Apricots, Blueberries (sweet), Cherries (sweet), Grapes* (red), Limes, Mango* (ripe), Peaches* (ripe, sweet), Prunes, Raisins, Strawberries* (sweet)</p> <p><b>NOTE:</b> All dried fruit should be soaked to avoid provoking Vata dosha.</p>
<p style="text-align: center;"><b>Veggies</b></p> 	<p>Asparagus, Beets*, Carrots, Cabbage*, Cauliflower*, Cilantro, Fennel, Green Beans, Leafy Greens*, Leeks, Lettuce*, Okra, Parsley*, Peas, Pumpkin, Radishes*, Rutabaga*, Summer Squash*, Winter Squash*, Scallions, Spinach* (cooked), Watercress</p> <p><b>NOTE:</b> All veggies should generally be well-cooked or steamed to avoid provoking Vata dosha. Avoid all raw, cold veggies (and veggie juice), especially in the fall and winter seasons.</p>
<p style="text-align: center;"><b>Grains</b></p>	<p>Amaranth*, Quinoa, Basmati Rice*, Brown Rice*, Red Rice*, Wild Rice*, Spelt*, Sprouted Wheat*</p>
<p style="text-align: center;"><b>Dairy</b></p> 	<p>Ghee, kefir* (fresh and homemade), spiced lassi, yogurt* (fresh and homemade)</p> <p><b>NOTE:</b> Avoid all dairy except ghee if you are lactose intolerant. Ghee should not exceed 2 to 3 teaspoons daily and should be omitted completely if there is high cholesterol or obesity present.</p>

<p><b>Legumes</b></p>	<p>Mung Beans, Mung Dal, Red Lentils</p> <p><b>NOTE:</b> All beans should be soaked for at least 6 hours before cooking.</p>
<p><b>Nuts and seeds</b></p> 	<p>Raw Almonds*(soaked and peeled), Charole, Chia Seeds*, Flax Seeds*, Pumpkin Seeds, Sunflower Seeds</p> <p><b>NOTE:</b> All seeds and nuts should be unsalted and soaked.</p>
<p><b>Oils</b></p>	<p>Ghee, Olive Oil, Sunflower Oil</p> <p><b>NOTE:</b> All oils should be taken in moderation. If there is high cholesterol or obesity present, the ghee should be avoided altogether and only small amounts of the oils should be used.</p>
<p><b>Spices</b></p>	<p>Basil (fresh), Black Pepper*, Caraway*, Cardamom, Cilantro, Cinnamon*, Coriander, Cumin, Dill, Fennel, Ginger (fresh), Parsley*, Peppermint, Pink Himalayan Salt*, Pippali*, Saffron, Tarragon*, Turmeric (fresh and dry), Vanilla*</p>
<p><b>Animal Products</b></p> 	<p>Bone Broth, Buffalo* (lean), Chicken (white), Chicken Broth, Egg Whites, Fish (fresh water and wild caught), Salmon*, Shrimp, Turkey* (white), Venison*</p> <p><b>NOTE:</b> All meat should be eaten in moderate to small amounts. Farmed fish should always be avoided.</p>
<p><b>Sweeteners</b></p>	<p>Fruit Juice Concentrates*, Honey (raw)*</p> <p><b>NOTE:</b> Honey should never be cooked or heated over 110°</p>