

Vegetables

Use fresh and seasonal vegetables. Vegetables with seeds should be well cooked with the appropriate Vata spices to minimize aggravation of V-P types.

Ideal	Moderate	Rarely
Artichoke	Arugala	Brussels sprouts
Asparagus	Beets	Eggplant
Bok choy	Bell peppers	Mushrooms
Carrots	Broccoli	Onions, raw
Collards	Broccoli rabe	Pungent vegetables, in excess
Green beans	Burdock root	Shiitake mushrooms
Jerusalem artichokes	Cabbage	Swiss chard
Landcress	Cauliflower	Taro root
Mustard greens	Celery	Tomatoes
Okra	Corn, fresh	Turnips
Parsnips	Cucumber	Turnip greens
Pumpkin	Dandelion greens	
Rutabaga	Endive	
Summer squash (yellow crookneck, zucchini)	Gourd squash	
Sweet potatoes	Jicama	
Winter squash (acorn, buttercup, butternut, spaghetti)	Kale	
	Karela	
	Kohlrabi	
	Lambsquarter	
	Lettuce	
	Lotus root	
	Onion, cooked	
	Papaya, green	
	Peas	
	Plantain	
	Potatoes, white	
	Radicchio	
	Radishes, cooked	
	Spinach	
	Sprouts	
	Watercress	

FRUITS

Use fresh and seasonal fruits

Ideal	Moderate	Rarely
Apricot	Apples	Cranberries
Avocado	Bananas	Persimmon
Coconut	Berries, sweet	Sour fruits, in excess
Dates	Cherries, sweet	
Figs, fresh	Grapefruit, sweet	
Grapes	Kiwi	
Lemons	Papaya	
Limes	Peaches	
Mango	Pears	
Oranges, sweet	Pomegranate	
Pineapple, sweet	Prunes	
Plums, sweet	Raisins	
Quince, sweet	Soursop	
Tamarind	Strawberries	
Tangerines, sweet	Watermelon	

GRAINS

Since most dry goods are available throughout the year, grains are categorized by season for the dual types.

V-P types should avoid a mono-diet of brown rice

Ideal	Moderate	Rarely
Winter/Spring (December to end of April)		
Barley	Brown rice, long-grain or sweet	Amaranth
Basmati rice, brown or white	Quinoa	Buckwheat
Oats, whole cooked	Wild rice	Corn
Wheat		Millet
		Oat bran
		Rye
Spring/Summer (May to end of August)		
Barley	Brown rice, all grains or sweet	Amaranth
Basmati rice, brown or white	Wild rice	Buckwheat
Oats, whole cooked		Corn
Wheat		Millet
		Quinoa
		Rye
Fall (September to end of November)		
Brown rice, medium- or short-grain or sweet	Barley	Amaranth
Oats, whole cooked	Basmati rice, brown or white	Buckwheat
Wheat	Brown rice, long-grain	Corn
	Quinoa	Millet
		Rye

PROCESSED GRAINS (ALL YEAR)

(Use processed grains sparingly)

Ideal	Moderate	Rarely
Bulgur Couscous Mochi (pounded sweet rice) Oats, rolled or steel-cut, cooked Pasta, whole wheat Rice flour Udon noodles Unbleached white flour Whole wheat flour		

LEGUMES, BEANS, PEAS, AND SOYBEAN DERIVATIVES

Ideal	Moderate	Rarely
	Black beans Chickpeas, black or yellow Kidney beans Lentils, brown or red Muth beans Soybeans Tempeh Tofu Toor dhal	Black-eyed peas Lima beans Navy beans Pinto beans Split peas, green or yellow White beans

NUTS & SEEDS

Ideal	Moderate	Rarely
	Coconut Pumpkin seeds, roasted Sesame seeds, white Sunflower seeds, roasted	All nuts. Small amounts of almonds, cashews, pecans, pistachios, and walnuts are permitted in the fall (September to end of November).

DAIRY

Ideal	Moderate	Rarely
Butter, unsalted	Butter, salted	Dairy products, commercial or powdered
Cottage cheese	Buttermilk	Ice cream
Cow's milk	Cheeses, mild and salted	
Goat's milk	Sour cream	
Ghee		
Yogurt		

OIL

Ideal	Moderate	Rarely
Canola	Almond	Animal oils or lard
Coconut	Avocado	Corn
Safflower	Corn	Vegetable, mixed
Sesame, dark or light	Olive	
Sunflower	Soy	
	Walnut	

SWEETNERS

Ideal	Moderate	Rarely
Amasake (rice milk)	Fructose	Honey, cooked
Barley malt	Honey, raw and uncooked	Molasses
Brown rice syrup		Sugar substitutes (saccharin, Sweet'n Low, NutraSweet)
Brown sugar, unrefined		White sugar
Dates		
Fruit juice concentrates		
Maple syrup		
Sucanat		
Sugarcane juice		
Sweet fruits		

Herbs, Spices and Flavorings

Ideal	Moderate	Rarely
Basil, fresh	Ajwan	Asafoetida
Black cumin	Almond extract	Chili peppers, hot
Black pepper	Bay leaf	Fenugreek
Caraway	Cayenne	Garlic, raw
Cardamom	Chili peppers, mild	Mace
Coriander	Cinnamon	Marjoram
Cumin	Cloves	Onions, raw
Dill	Curry powder, mild	
Fennel	Dill leaves or seed	
Garam masala	Garlic, cooked	
Kudzu	Ginger, dried or fresh	
Mint	Licorice	
Orange peel	Mango powder	
Peppermint	Mustard seeds	
Saffron	Neem leaves	
Sandalwood chips	Nutmeg	
Spearmint	Onions, dried	
Tamarind	Orange extract	
Turmeric	Oregano	
Vanilla	Paprika	
Wintergreen	Parsley	
Basil, fresh	Rosemary	
Black cumin	Sage	
Black pepper	Savory	
Caraway	Tarragon	
Cardamom	Thyme	
Coriander		
Cumin		
Dill		
Fennel		
Garam masala		
Kudzu		
Mint		
Orange peel		
Peppermint		
Saffron		
Sandalwood chips		
Spearmint		
Tamarind		
Turmeric		
Vanilla		
Wintergreen		

Condiments

Ideal	Moderate	Rarely
	Cilantro Coconut, roasted Coconut milk Daikon, grated Gomasio Horseradish Lemon juice Lime juice Mayonnaise, noncommercial Olives Pickles, ginger or lime Pumpkin seeds Rock salt Rose water Sea salt Sesame seeds, white Sunflower seeds Tamari Vinegar, brown rice or herbal Wasabi Yogurt, spiced	Ketchup Mayonnaise, commercial Preservatives and additives, chemical Salt, iodized Vinegar, commercial

Seaweeds

Use sparingly in the fall (September to end of November). Soak and rinse seaweeds thoroughly before use.

Ideal	Moderate	Rarely
	Arame Dulse Hijiki Kelp Kombu Seaware Wakame	

Brews and Beverages

Fruit juices may be diluted with water or milk for V-P types

Ideal	Moderate	Rarely
Apricot juice Chicory blends Coconut milk Cow's milk or drinks, sweet Date and fig shakes Lassi (sweet yogurt drink) Sweet fruit juices (berry, cherry, grape, mango, peach, pomegranate, sweet orange, pineapple)	Aloe vera juice or drink Apple juice Carob drinks Carrot juice Cow's milk or drinks, hot spiced Grapefruit juice Mildly salted or sour brews Mixed vegetable juice Papaya juice Pear juice	Alcohol Caffeinated drinks Carbonated drinks Chocolate drinks Pungent beverages Tomato juice

Teas

Do not use chamomile if you are allergic to ragweed.

Ideal	Moderate	Rarely
Bancha (twig) Cardamom Chamomile Elder flower Fennel Hops Lavender Lemon balm Lemon grass Peppermint Rose flowers Rosehips Spearmint	Ajwan Barley (grain tea) Blackberry Borage Chrysanthemum Cinnamon Cloves Comfrey Eucalyptus Ginger Hibiscus Jasmine Mexican bark Passionflower Red clover Strawberry	