

VATA PACIFYING DIET	Eat Anytime	Eat in Moderation	Avoid
Fruits	Cooked apples, applesauce, apricots, avocado, bananas, berries, cherries, coconut, fresh figs, grapefruit, grapes, kiwi, lemons, limes, mangoes, melons, oranges, papaya, peaches, pineapple, plums, soaked prunes and raisins, rhubarb, strawberries, tamarind, coconut	None	Raw apples, cranberries, dry dates and figs, pears, persimmons, pomegranates, dry raisins and prunes, watermelon
Vegetables <i>(in general, vegetables should always be cooked)</i>	Asparagus, beets, carrots, cilantro, cucumber, fennel, garlic, green beans, green chiles, Jerusalem artichoke, leeks, okra, cooked onions, parsnips, cooked peas, sweet potatoes, pumpkin, rutabaga, spinach, sprouts, summer squash, taro root, watercress, zucchini	Cooked cabbage, cooked cauliflower, radishes, leafy greens, lettuce, mustard greens, parsley, spaghetti squash, turnip greens	Artichoke, beet greens, bitter melon, broccoli, brussel sprouts, burdock root, raw cabbage, raw cauliflower, celery, fresh corn, dandelion leaves, eggplant, horseradish, kale, kohlrabi, mushrooms, raw onions, raw peas, peppers, white potatoes, prickly pear, radish, tomatoes, turnips, wheat grass, sprouts, winter squash
Grains	Durham flour, cooked oats, pancakes, quinoa, rice, seitan, sprouted non GMO and non hybridized wheat	Amaranth	Gluten (all seasons), barley, buckwheat, cold dry puffed cereals, corn, couscous, crackers, granola, millet, muesli, oat bran, dry oats, pasta, polenta, rice cakes, rye, sago, spelt, tapioca, wheat bran
Animal Protein	Beef, buffalo, dark chicken, duck, eggs, fish, salmon, sardines, shrimp, dark turkey	White chicken	Lamb, pork, rabbit, venison, white turkey
Dairy	Butter, buttermilk, soft cheese, cottage cheese, cow's milk, ghee, goat's milk, goat's cheese	Hard cheese, sour cream, ice cream, yogurt (diluted and spiced)	Powered cow's milk, powdered goat's milk, pain or frozen yogurt
Nuts and Seeds	Almonds, black walnuts, brazil nuts, cashews, filberts, hazelnuts, macadamia nuts, peanuts, pecans,	None	Psyllium, popcorn

	pine nuts, pistachios, walnuts, chia seeds, flax seeds, hulva seeds, pumpkin seeds, sesame seeds, sunflower seeds, tahini		
Legumes	Red lentils, mung beans, mung dal, soy cheese, soy milk, gluten free soy sauce, soy sausages, tur dal, urad, dal	Tofu	Aduki beans, black beans, black-eyed peas, chick peas, kidney beans, brown lentils, lima beans, miso, navy beans, dried peas, pinto beans, soy beans, soy powder, split peas, tempeh, white beans
Condiments	Black pepper, mango chutney, dulce, gomasio, hijiki, kelp, ketchup, lemon, lime, lime pickle, mango pickle, mayonnaise, vegenaise, mustard, pickles, salt, scallions, seaweed, tamari, vinegar, black olives	Chili peppers, coriander leaves, sprouts	Green olives, chocolate
Beverages	Almond milk, aloe vera juice, apple cider, apricot juice, berry juices, carrot juice, cherry juice, grain coffee, grape juice, grapefruit juice, lemonade, mango juice, miso broth, orange juice, papaya, peach nectar, pineapple, rice milk, sour juices, soy milk if spiced or hot, vegetable bouillon	Beer, white wine, carob	Hard red wines, apple juice, caffeinated drinks, carbonated drinks, chocolate milk, coffee, cold dairy drinks, cranberry juice, iced tea, icy cold drinks, pear juice, pomegranate juice, prune juice, cold soy, tomato juice/V-8
Teas	Ajwan, bancha, chamomile, clove, comfrey, elder flower, eucalyptus, fennel, fenugreek, ginger, hawthorn, juniper berry, lavender, lemongrass, licorice, marshmallow, oat straw, orange peel, pennyroyal, peppermint, rosehips, saffron, sage, sarsaparilla, sassafras, spearmint	Lemon balm, hops, jasmine, nettle, passionflower, red clover	Blackberry, burdock, cornsilk, dandelion, ginseng, hibiscus, yarrow
Sweeteners	Raw honey, dates, stevia, jaggery	Maple syrup, molasses, rice syrup	White sugar, honey that is heated or cooked
Spices and Oils	All spices, all oils	None	Coconut oil (only if your Pitta is high), corn oil, canola oil

Supplements	Aloe vera, bee pollen, amino acids, minerals, royal jelly, spirulina, vitamins A, B's, C, D, E, P and folic acid	None	Barley grass, brewer's yeast, vitamin K
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