



Vinterra
Life

AYURVEDA HEALTH CARE CENTER

KAPHA FOOD PROGRAM

HEALING THROUGH HARMONY

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Basic Principles

Qualities to reduce: Cold, moist, heavy

Best: Pungent, bitter, astringent

Avoid: Sweet, sour, salty

GRAINS

Toasted breads are very good, as they are drier.

Best: Amaranth, barley, basmati rice, buckwheat, corn flour, quinoa

Small Amounts: Millet, rye

Avoid: Oats, long and short grain rice (white or brown), wheat, whole wheat

DAIRY

It is best to use raw or organic milk. Milk should be taken warm with a small amount of ginger and cardamom.

Best: Goat milk, skim milk, soymilk

Avoid: Butter, buttermilk, cheese, cream, cottage cheese, ice cream, kefir, sour cream, yogurt

SWEETENERS

Best: Raw honey only. (Look for honey that is more than six months old or store some jars.)

Avoid: Fructose, maple syrup, molasses, raw sugar, white and brown sugar

OILS

Use all oils in small amounts only. Even the best oils, if overused, will aggravate *kapha*.

Best: Canola, corn, flaxseed, mustard, safflower, soy, sunflower

Avoid: Almond, avocado, castor, coconut, olive, peanut, sesame

FRUITS

Best: Dried fruits as they are not too sweet. Apples, cherries, cranberries, grapefruit, pomegranate, prunes, raisins.

Small Amounts: Apricots, lemon, lime, papaya, pineapple

Avoid: Sweet fruits, avocado, bananas, berries (raspberry, blackberry, blueberry, strawberry), cantaloupe, coconut, dates, figs, grapes, mango, melons, pineapple, oranges, peaches, pears, persimmons, plums, tangerines, watermelon

VEGETABLES

Vegetables are best eaten raw during the summer and cooked the rest of the year and during times of digestive difficulty. In general, vegetables are good and even the “Avoid” group, if eaten in small amounts, will cause no harm.

Best: Alfalfa sprouts, artichoke, asparagus, green beans, bell peppers, broccoli, Brussels sprouts, cabbage, cauliflower, carrots, celery, chilies, cilantro, corn, kale, lettuce, and other leafy greens, mustard greens, onions, parsley, peas, hot peppers, potatoes, radish, seaweed, spinach, rutabagas/turnips

Small Amounts: Mushrooms, tomatoes

Avoid: Beets, cucumber, eggplant, okra, squash (all), sweet potatoes, water chestnuts, zucchini

NUTS AND SEEDS

Best: Pumpkin seeds, sunflower seeds

Small Amounts: Sesame seeds

Avoid: Almonds, Brazil nuts, cashews, coconut, filberts, lotus seeds, macadamia nuts, pecans, pistachio, peanuts, walnuts

