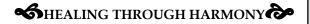


## AYURVEDA HEALTH CARE CENTER

# **KAPHA** FOOD PROGRAM



44 Pent Road, Madison CT 06443 (203) 640-2614 www.vinterra.life

## **Basic Principles**

Qualities to reduce: Cold, moist, heavy Best: Pungent, bitter, astringent Avoid: Sweet, sour, salty

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#### 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

## MEATS

If you choose to eat meat, limit consumption to 2-3 times per week. Meat soups can be particularly nourishing during convalescence. *Kapha* individuals can thrive as vegetarians.

**Best:** Chicken or turkey (dark meat only), fresh water fish, rabbit

#### Small Amounts: Eggs

**Avoid:** Beef, duck, lamb, pork, seafood, shell-fish, venison

#### LEGUMES

**Best:** Mung beans, red lentils, soybeans (tofu and soymilk), split peas

**Small Amounts:** Aduki beans, black gram, black beans, fava beans, kidney beans, lima beans, pinto beans

Avoid: Black lentils, chickpeas

## **SPICES**

When spicing, the overall spiciness is more important than individual spices. Even some "Avoid" spices can be used if balanced with other spices on the "Best" list. For *kapha*, food should be spiced hot and never bland.

**Best:** Anise, basil, bay leaf, black pepper, calamus, chamomile, caraway, cardamom, catnip, cayenne, cinnamon, cloves, coriander, cumin, dill, fennel, fenugreek, garlic, ginger, horseradish, hyssop, marjoram, mustard, nutmeg, oregano, peppermint, poppy seeds, rosemary, saffron, sage, spearmint, star anise, thyme, turmeric. Hot spices are best. Any spice not listed is probably fine. **Avoid:** Salt

#### CONDIMENTS

Small Amounts: Catsup, vinegar

Avoid: Mayonnaise, salt

## BEVERAGES

**Best:** Two glasses of spring water per day in cool weather and three in hot weather unless doing extremely vigorous exercise and sweating. Herb teas (spicy and bitter), cranberry juice, green vegetable juices, wheat grass juice

**Small Amounts:** Carbonated mineral water, coffee, tea

**Avoid:** Apple juice, carrot juice, orange juice, soft drinks

← Foods listed as "Best" can be eaten without reservation on a daily basis. Individuals who are sick should consume only those foods on this list. These foods are the most ideal as they are the most balanced for the dosha.

Solution Foods listed as "Small Amounts" can be eaten in small portions fairly often or in larger portions once or twice each week. Eating a wide variety of these foods is better than an abundance of just one. Over-reliance upon these foods can cause an imbalance.

◆ Foods listed as "Avoid" should be eaten only on rare occasions and can be eaten once each month. They either cause an imbalance in the dosha or very significantly disturb it.

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## The Six Ayurvedic Tastes

There are six distinct tastes and each, as all of nature, is composed of elements. The overall qualities of the taste will either be harmonious or disharmonious to a doshic imbalance. The tastes form the basis of your food program and your herbal medicines.

#### SWEET: earth and water

Is heavy, moist, and cool and increases Kapha while decreasing Vata and Pitta. Some examples are nuts, grains and most dairy.

#### SOUR: fire and earth

Is heavy, moist, and hot and increases Pitta and Kapha while decreasing Vata. Some examples are fermented foods like yogurt and tempeh.

#### SALTY: water and fire

Is heavy, moist, and hot and increases Pitta and Kapha while decreasing Vata. Some examples are seaweeds and seafood.

#### **PUNGENT: fire and air**

Is light, dry, and hot and increases Pitta and Vata while decreasing Kapha. Some examples are chili peppers, ginger and black pepper.

#### ASTRINGENT: earth and air

Is dry and cool and neither too heavy nor too light, and increases Vata while decreasing Pitta and Kapha. Some examples are most beans, cranberries, and pomegranates.

#### **BITTER:** air and ether

Is light, dry, and cool, and increases Vata while decreasing Pitta and Kapha. Some examples are leafy greens and herbs like goldenseal.