



Vinterra  
Life

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## ❧ Kapha Food Program ❧

### Tastes

**Best:** Pungent, bitter, astringent

**Avoid:** Sweet, sour, salty

Foods listed as “Best” can be eaten without reservation on a daily basis.

Foods listed as “Small Amounts” can be eaten in small portions fairly often or in larger portions once or twice per week.

Foods listed “Avoid” should be eaten only on rare occasions. Remember, it is not what you do once in a while that matters. Long-term habits determine your health. Healthy habits create a healthy life. Unhealthy habits lead to an unhealthy life.

### 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 (non-homogenized) 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, shellfish, 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