



Vinterra
Life

AYURVEDA HEALTH CARE CENTER

PITTA FOOD PROGRAM

HEALING THROUGH HARMONY

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Basic Principles

Qualities to reduce: Hot, light, dry

Best: Sweet, bitter, astringent

Avoid: Pungent (hot), sour, salty

GRAINS

It is best to eat these as a cooked grain or an unyeasted bread. Small amounts of yeast breads are all right however. Grains should make a large portion of the diet.

Best: Barley, white basmati rice, millet, oats, white rice, wheat, whole wheat

Small Amounts: Brown rice (only in acute *pitta* conditions, otherwise it can be used often)

Avoid: Buckwheat, corn flour

DAIRY

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

Best: Unsalted butter, cottage cheese, cream cheese, ghee, milk

Small Amounts: Hard, non-salted cheeses

Avoid: Buttermilk, salted cheeses, sour cream, kefir, cultured milks, yogurt

SWEETENERS

Best: Maltose, maple syrup, rice syrup

Small Amounts: Dextrose, fructose, honey, table sugar

Avoid: Molasses, raw sugar

OILS

Best: Ghee, olive oil

Small Amounts: Avocado, canola, corn, coconut, soy, sunflower

Avoid: Almond, castor, flaxseed, margarine, mustard, peanut, safflower, sesame

FRUITS

Sweet and ripe fruits are best. Avoid sour fruit.

Best: Apples, avocados, blackberries, blueberries, cantaloupe, coconut, cranberries, dates, dried fruit, figs, grapes, lemons, limes, nectarines, pineapple, prunes, raisins, raspberries, strawberries

Small Amounts: Apricots, bananas (very ripe only), cherries, grapefruit, oranges, pineapple

Avoid: All sour fruits, such as sour oranges (mandarin), sour pineapple, sour plums, papaya, olives, tangerines, and all unripe fruit

VEGETABLES

Vegetables are best eaten fresh. You may eat large amounts. Eat them cooked in the winter or if digestion is weak. Eat them raw in the summer if your digestion is strong. Fresh green vegetable juices are very good. Those with arthritis should avoid all nightshades.

Best: Alfalfa sprouts, artichoke, asparagus, bean sprouts, bell peppers, bitter melon, broccoli, Brussels sprouts, cabbage, cauliflower, celery, cilantro, cress, cucumber, green peppers, kale, leafy greens, lettuce, mushrooms, onions (well cooked), peas, pumpkin, seaweed, squash, zucchini

Small Amounts: Avocado, beets, carrots, corn, eggplant, garlic (well cooked), parsley, potatoes, spinach, sweet potatoes, vine-ripened tomatoes

Avoid: Chilies, hot peppers, mustard greens, onion (raw), radishes, tomato paste, tomato sauce and any hot or pungent vegetable

NUTS AND SEEDS

Best: Coconut, sunflower, pumpkin seeds

Small Amounts: Piñon nuts, sesame seeds

Avoid: Almonds, Brazil nuts, cashews, fil-

