



Vinterra
Life

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❧ Pitta Food Program ❧

Tastes

Best: Sweet, bitter astringent

Avoid: Pungent (hot), 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

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, filberts, macadamia nuts, pecans, pistachio, peanuts, and any other nut not mentioned

Meats

If you choose to eat meat, limit consumption to 2-3 times per week.

Best: Chicken, egg whites, fresh water fish (trout), turkey

Small Amounts: Beef, duck, egg yolk, lamb, pork, sea fish, venison, any other red meat

Legumes

Best: Black lentils, chickpeas, mung beans, split peas, soybeans (soy products), tofu

Small Amounts: Aduki beans, kidney beans, navy beans, pinto beans

Avoid: Red and yellow lentils

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 *pitta*, food should be spiced mild to moderate and never very hot or bland.

Best: Cardamom, catnip, chamomile, coconut, coriander, dill, fennel, lemon verbena, peppermint, saffron, spearmint, turmeric

Small Amounts: Basil, bay leaf, black pepper, caraway, cinnamon, cumin, ginger (fresh), oregano, rosemary, thyme

Avoid: Anise, asafoetida, calamus, Cayenne pepper, cloves, fenugreek, garlic (raw), ginger (dry), horseradish, hyssop, marjoram, mustard seeds, nutmeg, poppy seeds, sage, star anise

Condiments

Best: Carob sweetened with the best sweeteners noted above

Small Amounts: Mayonnaise, sweet mustards

Avoid: Chocolate, salt, vinegar

Beverages

Best: Five cups of water per day. Bitter and astringent herb teas such as alfalfa, chicory, dandelion, hibiscus, and strawberry leaf. These can be found in grain beverages such as Sipp, Pero, Inka and Cafix. Milk, wheat grass juice. Try the *Pitta* tea available at the front desk.

Small Amounts: Chai tea or black tea, diluted fruit juice with one-half water

Avoid: Alcohol, carbonated water, coffee, sweet fruit juices, spicy herb teas, soft drinks, tomato juice