



Vinterra
Life

AYURVEDA
HEALTH CARE
CENTER

TRIDOSHIC
(SANNIPATIKA)
FOOD PROGRAM

HEALING THROUGH HARMONY

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Basic Principles

Qualities to reduce: Hot, heavy, dry

Best taste: All in equal proportions

GRAINS

These may be eaten as a cooked grain or as yeasted bread.

Best: White basmati rice

Small Amounts: Amaranth, barley, brown rice, buckwheat, corn flour products, millet, quinoa

Avoid: Oats, wheat

DAIRY

It is best to use raw or organic milk products. Milk should be taken warm with a small amount of spices such as ginger and cardamom. Ghee is best used with mild spices.

Best: Ghee, 2% milk

Small Amounts: Butter, buttermilk, cottage cheese, cream, goat milk, kefir, sour cream, whole cow's milk

Avoid: Hard cheese, ice cream, frozen yogurt

SWEETENERS

Overuse of any sweetener will eventually cause an imbalance.

Best: Fresh honey

Small Amounts: Date sugar, dextrose, fructose, grape sugar, old honey, maltose, maple sugar, maple syrup, molasses, rice syrup, stevia

Avoid: White table sugar

OILS

The best oils that should be relied on are lighter, cooler and drier. Other oils may be used occasionally.

Best: Canola, corn, soy, sunflower

Small Amounts: Almond, avocado, castor, coconut, flaxseed, lard, mustard, olive, peanut, sesame, margarine, safflower

Avoid: None

FRUITS

Fruits tend to be light, cool and moist. Thus they have the ideal balance of qualities to bring balance to tridoshic individuals and thus can make up a significant portion of the diet. The fruits listed under "Best", while not necessarily perfectly tridoshic, will not cause any serious imbalance.

Best: Apricots, blackberries, blueberries, cherries, grapefruit, grapes, jujube, lemon, lime, mango, nectarines, oranges, papaya, peaches, pears, pineapple, plums (sweet), pomegranate, raspberries, tangerines, watermelon

Small Amounts: Apples, bananas, cantaloupe, cranberries, dates, figs, persimmons

Avoid: Plums (sour), strawberries

VEGETABLES

Vegetables are generally light, cool and dry. If cooked with water or oil, they become moist and slightly warmer. The best vegetables may be eaten regularly as a substantial part of the diet.

Best: Bean sprouts, cauliflower, parsley, potatoes, sunflower sprouts

Small Amounts: Alfalfa sprouts, artichokes, asparagus, avocado, beans (green), beets, bitter melon, broccoli, Brussels sprouts, cabbage, carrots, celery, cilantro, corn, cress, cucumber, eggplant, garlic (cooked), Jerusalem artichoke, kale, leeks, lettuce, mushrooms, mustard greens, okra, onion, peas (sweet), peppers (bell and green), pumpkin, radish, seaweed, spinach, squash (yellow, acorn, winter), tomatoes (sweet), turnips

Avoid: Hot chili peppers

NUTS AND SEEDS

Heavy, oily, and slightly warm, most nuts would aggravate tridoshic individuals if relied upon as a staple. However, using them in small amounts is advised and it will not cause any imbalance.

Best: Pumpkin seeds, piñon (pine nuts), sunflower seeds

Small Amounts: Almonds, Brazil, cashews,

coconut, filberts, lotus seeds, macadamia, peanuts, pecans, pistachio, sesame seeds, walnuts

Avoid: None

MEATS

Repeated research shows that plant-based diets are healthier than meat-based diets and prevent many diseases. Ayurveda and Yoga emphasize a vegetarian diet primarily for spiritual reasons. Hence, omnivores should limit meat consumption if possible. Weak patients should take meat as a soup broth.

Best: None

Small Amounts: Beef, chicken, duck, egg, fish, lamb, pork, turkey

Avoid: None

LEGUMES

Beans tend to be dry, cool, and somewhat heavy. Those listed under "Best" are tridoshic. All beans should be taken with spices to assist digestion.

Best: Mung beans, tofu

Small Amounts: Aduki beans, black beans, black gram, chickpeas, fava beans, kidney beans, lentils, lima beans, navy beans, peanuts, pinto beans, soybeans, tempeh

Avoid: None

SPICES

Spices aid the digestion and absorption of nutrients and they improve flavor. As tridoshic individuals generally feel warm, only moderate spicing is appropriate and care should be taken so that the overall spiciness of the food is not too hot. It is the overall effect of spicing that is most important and not the individual spice used.

Hence, even those listed under "Avoid" may be used but in the smallest amounts.

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

Small Amounts: Allspice, anise, asafetida, basil, bay leaves, black pepper, calamus, caraway, celery seed, cinnamon, curry leaves, dill, fenugreek, hysop, marjoram, nutmeg, oregano, paprika, parsley, poppy seeds, rosemary, sage, salt, star anise, tarragon, thyme

Avoid: Cayenne pepper, cloves, garlic (raw), ginger (dry), horseradish, mustards (hot)

CONDIMENTS

Best: None

Small Amounts: Catsup, mayonnaise, vinegar

Avoid: None

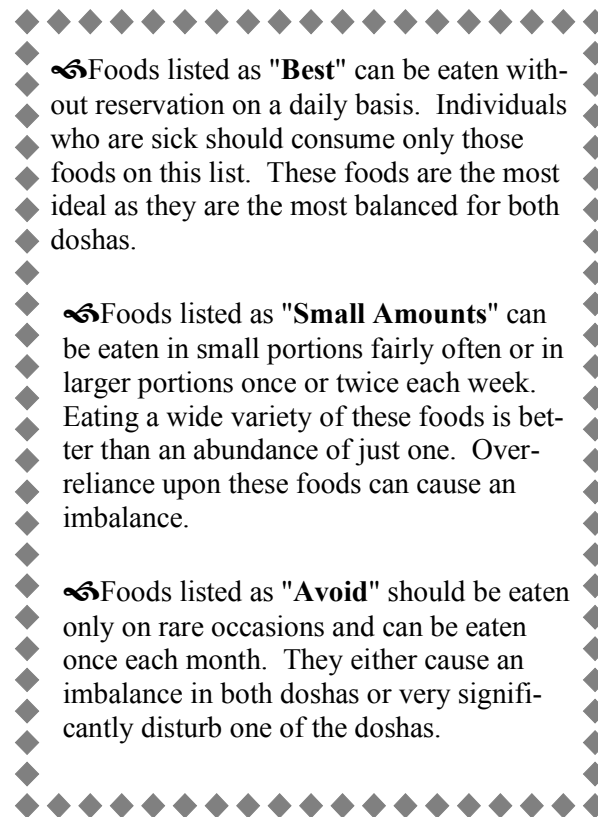
BEVERAGES

These are best taken at room temperature or warm, and never ice cold.

Best: Water, water with lemon, herb teas with spices as listed

Small Amounts: Black tea, green vegetable juices, natural carbonated pure juice drinks

Avoid: Alcohol, coffee (caffeinated and decaffeinated), fruit juices (sweet), soda pop (sweetened), 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 both doshas.

☞ 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 both doshas or very significantly disturb one of the doshas.

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.