



Vinterra
Life

AYURVEDA HEALTH CARE CENTER

VATA FOOD PROGRAM

HEALING THROUGH HARMONY

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

Basic Principles

Qualities to reduce: Cold, light, dry

Best: Sweet, salty, sour

Avoid: Bitter, astringent, pungent

GRAINS

It is best to eat these as a cooked grain or an un-yeasted bread. Small amounts of yeast breads are all right however.

Best: Amaranth, oats (cooked), quinoa, rice (white or brown), wheat

Small Amounts: Barley, millet

Avoid: Buckwheat, corn flour (chips, bread, and tortillas), dry oats (granola), polenta, rye

DAIRY

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

Best: Butter, buttermilk, kefir, milk, sour cream, yogurt (fresh)

Small Amounts: Hard cheeses

Avoid: Ice cream, frozen yogurt

SWEETENERS

Moderation is important; overuse of even the best sweeteners will increase *vata*.

Best: Raw, uncooked honey, jaggery (raw sugar), maltose, maple syrup, molasses, rice syrup, sucanat

Small Amounts: Date sugar, grape sugar

Avoid: Brown sugar, white sugar

OILS

Best: Almond, ghee, sesame

Small Amounts: Avocado, castor, coconut, flaxseed, mustard, olive, peanut, sunflower

Avoid: Safflower

FRUITS

Sweeter fruits are best.

Best: Baked apples, apricots, avocados, bananas (ripe), blackberries, cantaloupe, cherries, coconut, cranberry sauce, dates (not dry), figs (fresh), grapefruit, grapes, lemons, mangos, nectarines, oranges, papaya, peaches, pears, persimmons, pineapple, plums, raspberries, strawberries (ripe), tangerines

Small Amounts: Apples (sour is best), pomegranate

Avoid: Dried fruit of any kind, cranberries

VEGETABLES

Cooked vegetables are best because they are easier to digest.

Best: Avocado, beets, carrots (not as a juice), leeks, mustard greens, okra, onions (well cooked), parsnips, shallots, acorn squash, winter squash, sweet potatoes, tomatoes, water chestnuts

Small Amounts: Broccoli, cauliflower, celery, corn, cucumber, eggplant, green beans, kale, medium chilies and hot peppers, mushrooms, potatoes, radishes, seaweed, spinach, sweet peas, zucchini.

The following may be eaten uncooked with a creamy or oily dressing: lettuce, spinach, and any leafy green (occasional use only and with a spicy heavy dressing)

Avoid: Alfalfa sprouts, artichokes (unless served with a butter-lemon sauce), asparagus, bean sprouts, Brussels sprouts, cabbage (even cooked), raw vegetables, snow peas

NUTS AND SEEDS

Lightly roasted nuts are best. Dry roasting

should be avoided. Salted nuts are fine. Nut butters are highly recommended except for peanut butter.

Best: Almonds

Small Amounts: Cashews, filberts, pecans, piñon, pistachio, pumpkin seeds, sesame seeds, sunflower seeds, and any other nut not mentioned

Avoid: Peanuts

MEATS

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

Best: Chicken and turkey (dark meat), beef, duck, eggs, fresh water fish, lamb, pork, seafood, venison

Small Amounts: Chicken and turkey (white meat), shellfish

LEGUMES

Best: Mung beans

Small Amounts: Tofu, hummus

Avoid: Aduki beans, black beans, chickpeas, fava beans, kidney beans, lentils, Mexican beans, navy beans, pinto beans, soybeans (except as tofu or soy milk)

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 *vata*, food should be spiced moderately and never very hot or bland.

Best: Anise, basil, bay leaf, caraway, cardamom, catnip, cinnamon, clove, cumin, dill, fennel, fenugreek, garlic, ginger (fresh), marjoram, mustard, nutmeg, oregano, pepper, peppermint, poppy seeds, rosemary, saffron, sage, spearmint, thyme, turmeric

Small Amounts: Cayenne pepper, cilantro,

ginger (dry), horseradish, mustards (very hot), parsley

CONDIMENTS

Best: Mayonnaise, vinegar

Small Amounts: Catsup

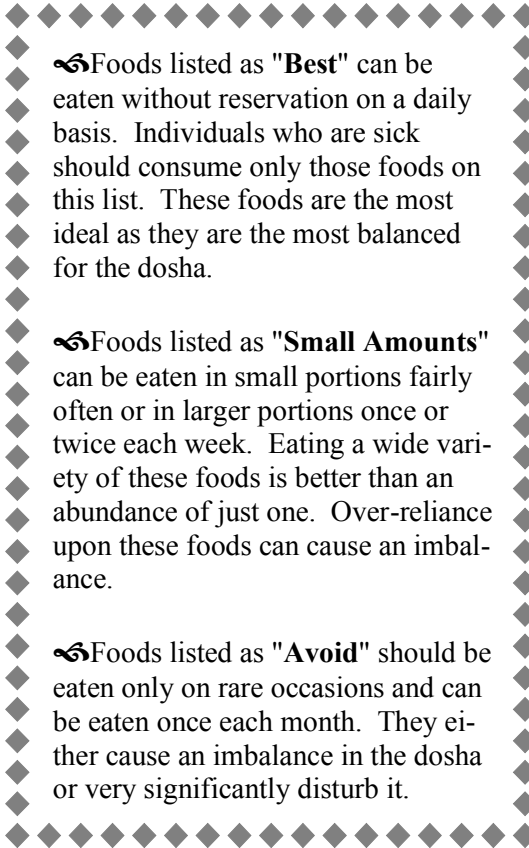
Avoid: Carob, chocolate

BEVERAGES

Best: Three or four cups of room temperature or warm water per day. Spicy teas such as chamomile, cinnamon, clove, and ginger.

Small Amounts: Diluted fruit juices

Avoid: All alcohol, black tea, carbonated mineral water, coffee, fruit juices, 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.

☞ 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.

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.