



Vinterra
Life

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❧ Vata Food Program ❧

Tastes

Best: Sweet, salty, sour

Avoid: Bitter, astringent, pungent

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.

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 non-homogenized organic fed milk. Milk should be taken warm (never cold) 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 (Not Recommended), limit consumption to 2-3 times per week. Meat soups can be 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. Try the Vata tea available at the front desk.

Small Amounts: Diluted fruit juices

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