



Vinterra
Life

AYURVEDA HEALTH CARE CENTER

VATA/ PITTA FOOD PROGRAM

HEALING THROUGH HARMONY

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Basic Principles

Qualities to reduce: Hot, light, dry

Best: Sweet

Small Amounts: Astringent, sour

Worst tastes: Salty, pungent, bitter

GRAINS

It is best to eat these as cooked grain or as unyeasted bread.

Best: Cooked oats, wheat, white basmati rice

Small Amounts: Amaranth, barley, millet, quinoa, rice (brown or white, short or long grain), rye

Avoid: Buckwheat, corn flour products, dry oats

DAIRY

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

Best: Butter, cottage cheese, cream cheese, ghee, milk (whole), paneer cheese

Small Amounts: Buttermilk, hard non-salted cheeses, kefir, sour cream, yogurt

Avoid: Ice cream, frozen yogurt

SWEETENERS

Overuse of any sweetener will eventually cause an imbalance.

Best: Honey (fresh), maltose, maple sugar, maple syrup, rice syrup

Small Amounts: Date sugar, dextrose, fructose, grape sugar, jaggery, molasses, sucanat

Avoid: White table sugar

OILS

Oils are very important and should be used abundantly if the skin is dry. They alleviate dryness and are generally heavy and nourishing.

Best: Avocado, coconut, ghee, olive oil, sunflower

Small Amounts: Almond, castor, corn, flaxseed, sesame, soy

Avoid: Canola, lard, margarine, mustard, peanut, safflower

FRUITS

Fruits are best when they are well ripened and sweet. These will bring balance to both *doshas*. In general, due to their lightness, their intake should be consumed in moderation.

Best: Apricots, avocado, bananas (very well ripened), blackberries, blueberries, cantaloupe, coconut, dates, figs, jujube (cooked), grapes, lemons, limes, mango, nectarines, oranges (sweet), papaya (sweet), peaches, pears, persimmons, plums (sweet), pomegranate, prunes, raisins, raspberries, strawberries

Small Amounts: Apples, bananas, cherries, cranberries, grapefruit, sweet pineapple, tangerines, watermelon

Avoid: Dry fruit, jujube (dry), olives, oranges (sour), papaya (sour), pineapple (sour), plums (sour)

VEGETABLES

Cooked vegetables are best as they are more nourishing and easier to digest. Only leafy greens may be eaten raw with dressing. More raw salads may be eaten in the hot summer if digestion is strong and there is little gas or constipation.

Best: Artichoke (with oily dressing), avocado, bean sprouts, cauliflower, cilantro, corn, Jerusalem artichoke, leeks, okra, onion (cooked), potato, pumpkin, seaweed, squash (acorn, winter, crookneck, zucchini, etc.), sunflower sprouts, tomato (sweet vine ripened)

Small Amounts: Alfalfa sprouts, asparagus, beets, bell pepper, bitter melon, broccoli, Brussels sprouts, carrot, celery, cucumber, eggplant, green beans, kale, lettuce (raw), mushrooms, mustard greens, parsley, peas (sweet), spinach, sweet potato, tomato (sour), turnips

Avoid: Cabbage, chilies, hot peppers, radishes, raw onion, tomato paste and sauce

NUTS AND SEEDS

These should be eaten lightly dry roasted to assist digestion and only very lightly salted, if at all. Nut butters, except for peanut, may also be eaten.

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

