



Vinterra
Life

44 Pent Road, Madison CT 06443

(203) 640-2614

❧ The Yogic/Sattvic Diet ❧

Grains

Basmati rice, oats, rice, wheat. Eat whole or as a bread. Eat more in the winter for strength.

Dairy

Raw (non-homogenized) milk, raw-milk cheese, small amounts of freshly made yogurt

Sweeteners

Honey, jaggery, raw sugar. These in small quantities only.

Oils

Ghee, olive oil

Fruit

Just about all fruit is all right. Consume smaller quantities of the heavier fruits such as bananas and avocados.

Vegetables

Most vegetables are all right. Eat smaller quantities of broccoli, Brussels sprouts, cabbage family plants, cauliflower, mustard, as they are gas forming, and smaller amounts of potatoes and sweet potatoes as well, as they are heavy. No mushrooms. Vegetables may be fresh or steamed.

Nuts and Seeds

Fresh or slightly roasted. Almonds, pine nuts, walnuts. Do not eat large quantities. Nuts and seeds should be fresh.

Beans

Aduki beans, mung beans, tofu

Spices

Cardamom, cinnamon, coriander, fennel, ginger, turmeric. Use in larger quantities as they help balance the dampness of the high fruit and dairy diet. Avoid garlic and raw onion. Also avoid Cayenne pepper and all other very pungent spices.

Beverages

Pure spring water, raw (non-homogenized) milk (warm), sattvic herb teas such as chamomile and mint, sattvic vegetable juices

Herbs

Aloe gel, ashwagandha, astragalus, bhringaraj, calamus, comfrey, ginseng, gotu kola, jatamansi, lotus, mint, rose, saffron, sage, shatavari, skullcap, triphala. Also chavanprash and Brahma jelly.

Essential Oils

Camphor, frankincense, lotus, rose, saffron, sandalwood

General Eating Habits

Eat the main meal at 12:00-1:00 PM. Eat no heavy food after sunset. Follow general eating habits and recommendations on proper food combining.