

Vegetables

Use fresh and seasonal vegetables. Vegetables with seeds should be well cooked with the appropriate Vata spices to minimize aggravation of V-K types.

Ideal	Moderate	Rarely
Arugala	Artichoke	Beet greens
Asparagus	Cassava	Cucumber
Beets	Gourd squash	Mushrooms
Bell pepper	Parsnips	Pumpkin
Bok choy	Plantain	Rutabaga
Broccoli	Summer squash (yellow crookneck or zucchini)	Sweet potatoes
Brussels sprouts		Taro root
Burdock root		Tomatoes
Cabbage		Winter squash (buttercup, butternut, acorn, spaghetti)
Carrots		
Carrot tops		
Cauliflower		
Celery		
Chili peppers, hot		
Collards		
Corn, fresh		
Daikon		
Eggplant		
Endive		
Green beans		
Jerusalem artichoke		
Jicama		

Kale	
Karela	
Landcress	
Leeks	
Lettuce	
Mustard greens	
Okra	
Onion	
Parsley	
Peas	
Pokeroot	
Spinach	
Sprouts	
Turnips	
Turnip greens	
Watercress	

FRUITS

Use fresh and seasonal fruits

	Moderate	Rarely
Apples	Grapes	Avocado
Apricots	Kiwi	Bananas
Berries	Lemons	Coconut
Cherries	Limes	Cranberries
Dried fruits from major category	Mango	Dates
Figs, dried	Oranges	Figs, fresh
Peaches	Strawberries	Fruits, excessively sweet or sour or watery
Pears	Tangerine	Grapefruit
Persimmon	Tamarind	Melons
Pomegranate		Papaya
Quince		Pineapple
Raisins		Plums
		Rhubarb
		Soursop
		Watermelon

GRAINS (ALL YEAR)

Ideal	Moderate	Rarely
Barley	Amaranth	Brown rice, all grains or sweet
Buckwheat	Basmati rice, brown or white	Oats, whole cooked
Corn	Quinoa	Rice flour
Millet		Wheat
Rye		Whole-wheat flour

PROCESSED GRAINS (ALL YEAR)

(Use processed grains sparingly)

Ideal	Moderate	Rarely
	Barley cereals	
	Barley flour	
	Buckwheat flour	
	Corn grits	
	Cornmeal	
	Millet cereals	
	Millet flour	
	Oat bran	
	Pasta, rye	
	Rye cereals	
	Rye flakes	
	Rye flour	
	Soba noodles	
	Udon noodles	

LEGUMES, BEANS, PEAS, AND SOYBEAN DERIVATIVES

Ideal	Moderate	Rarely
Aduki beans	Black-eyed peas	Kidney beans
Black beans	Mung dhal, split or whole	Lentils, brown
Chickpeas, black or yellow	Tofu, cooked	Soybeans
Lentils, red	Toor dhal	Tempeh
Lima beans	Urad dhal	
Muth beans	White beans	
Navy beans		
Pinto beans		
Split peas, green or yellow		
Aduki beans		

NUTS & SEEDS

Ideal	Moderate	Rarely
	Coconut	All nuts
	Poppy seeds	
	Pumpkin seeds, roasted	
	Sesame seeds	
	Sunflower seeds, roasted	

DAIRY

Dairy products are to be used sparingly by K types

Ideal	Moderate	Rarely
	Ghee	Butter
	Goat's cheese	Buttermilk
	Goat's milk	Cheese
	Yogurt drinks, spiced	Cow's milk, certified raw
		Dairy products, commercial or powdered
		Ice cream
		Sour cream
		Yogurt

OILS

Ideal	Moderate	Rarely
	Canola	Almond
	Corn	Apricot
	Mustard	Avocado
	Safflower	Coconut
	Sunflower	Olive
		Sesame, dark or light
		Soy
		Walnut

SWEETNERS

Ideal	Moderate	Rarely
Honey, raw and uncooked	Amasake (rice milk)	Brown sugar, unrefined
	Barley malt	Fructose
	Brown rice syrup	Honey, cooked
	Dates	Molasses
	Dried fruits	Sucanat
	Fruit juice concentrates	Sugarcane juice
	Maple syrup	Sugar substitutes (saccharin, Sweet'n Low, NutraSweet)
		White sugar

Herbs, Spices and Flavorings

Honey is the best sweetener for K types, but all sweets are to be used sparingly

Ideal	Moderate	Rarely
Ajwan	Fennel	Mango powder
Allspice	Fenugreek	
Anise	Ginger, fresh	
Asafoetida	Mace	
Basil	Mint	
Bay leaf	Mugwort	
Black pepper	Tamarind	
Caraway	Vanilla	
Cardamom	Wintergreen	
Cayenne		
Cinnamon		
Cloves		
Coriander		
Cumin		
Curry leaves		
Curry powder		
Dill leaves or seeds		
Eucalyptus		
Ginger, dried		
Garlic		
Garam masala		
Horseradish		
Hot peppers		

Marjoram
Mustard seeds
Neem leaves
Nutmeg
Onion
Orange peel
Oregano
Paprika
Parsley
Peppermint
Pippali
Rosemary
Saffron
Sage
Spearmint
Star anise
Tarragon
Thyme
Turmeric

Condiments

Ideal	Moderate	Rarely
	Black pepper	Almond extract
	Chili pepper	Coconut milk
	Cilantro	Cow's milk, certified raw
	Daikon, grated	Gomasio
	Endive	Miso

Garlic	Olives, black or green
Horseradish	Salt, iodized
Kudzu	Tamari
Lettuce	Vinegar, commercial
Lime juice	Yogurt
Mint leaves	
Mustard, noncommercial	
Rose water	
Rock salt	
Sea salt	
Sprouts	
Vinegar, brown rice or herbal	
Wasabi	
Yogurt, spiced	

Seaweeds

Use seaweeds sparingly. Soak and rinse thoroughly before use

Ideal	Moderate	Rarely
	Agar-agar	
	Arame	
	Dulse	
	Hijiki	
	Kelp	
	Kombu	
	Riverweeds	
	Seaware	
	Wakame	

Brews and Beverages

Fruit juices should be diluted with water for K types

Ideal	Moderate	Rarely*
Aloe vera juice or drinks	Alcohol	Banana shake
Amasake	Almond drink	Carbonated drinks
Apple juice	Almond milk	Chocolate drinks
Apricot juice	Caffeinated drinks	Coconut milk
Berry juice	Grape juice	Cold drinks
Carob drinks	Mango juice	Fig shake, with dates
Carrot juice	Vegetable broth, unsalted	Grapefruit juice
Cherry juice	Yogurt drink, spicy	Lemonade
Coconut milk		Orange juice
Cranberry juice		Papaya juice
Mixed vegetable juice		Salted and sour drinks
Peach nectar		Tomato juice
Pear juice		
Pineapple juice		
Pomegranate juice		
Prune juice		
Soy milk		

* Drink fruit juice in small quantities. Excess fluids, very rich drinks, dairy drinks, alcohol (on a regular basis), and excess caffeine are all regressive for K types.

Teas

Do not use chamomile if you are allergic to ragweed.

Ideal	Moderate	Rarely
Ajwan	Borage	Comfrey
Alfalfa	Burdock	Licorice
Bancha (twig)	Fennel	Marshmallow
Barley	Ginger, fresh	Pungent teas
Basil	Ginseng	
Chamomile	Hyssop	
Chicory blends	Lotus	
Chrysanthemum	Rosehip	
Cinnamon		
Cloves		
Dandelion		
Ginger, dried		
Elder flowers		
Eucalyptus		
Hibiscus		
Hops		
Jasmine		
Lavender		
Lemon balm		
Marmon tea		
Nettle		
Orange peel		
Pennyroyal		
Peppermint		

Raspberry

Rose flower

Saffron

Sage

Sassafras

Spearmint

Violet
