

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
Artichokes	Bamboo shoots	Beets
Arugula	Burdock root	Beet greens
Asparagus	Carrots	Eggplant
Bell pepper	Carrot tops	Horseradish
Broccoli	Cassava	Hot chili peppers
Brussels sprouts	Celery	Mushrooms
Cabbage	Corn, fresh	Onion, raw
Cauliflower	Daikon radish	Radishes
Collards	Escarole	Swiss chard
Cucumber	Kohlrabi	Taro root
Dandelion greens	Leeks, cooked	Tomatoes
Endive	Mustard greens	Turnips
Green beans	Parsley	
Jerusalem artichokes	Plantain	
Jicama	Pokeroot	
Kale	Pumpkin	
Karela	Rutabaga	
Lambsquarter	Spinach	
Landcress	Turnip greens	
Lettuce		
Okra		
Parsnips		
Peas		

Potatoes, white
Radicchio
Sprouts
Winter squash (acorn,
buttercup, butternut, spaghetti)
Watercress

FRUITS

Use fresh and seasonal fruits

Ideal	Moderate	Rarely
Apples	Avocado	Bananas
Apricots	Dried fruits, sweet	Berries, sour
Berries	Kiwi	Grapefruit
Coconut	Lemons	Papaya
Dates	Limes	Peaches
Figs, fresh	Quince, sweet	Persimmon
Grapes	Strawberries, sweet	Rhubarb
Mango	Tamarind	soursop
Melons		
Oranges, sweet		
Pears		
Pineapple		
Plums		
Pomegranate		
Raisins		
Watermelon		

GRAINS (ALL YEAR)

Ideal	Moderate	Rarely
Barley	Sushi rice, white	Amaranth
Basmati rice, brown or white	Brown rice, long- or medium-grain	Buckwheat
Brown rice, sweet		Corn
Oats, whole		Millet
Wheat		Quinoa
		Rice, in excess
		Rye

PROCESSED GRAINS (ALL YEAR)

(Use processed grains sparingly)

Ideal	Moderate	Rarely
	Barley flour	
	Bulgur	
	Cereals, barley or wheat	
	Couscous	
	Mochi (pounded sweet rice)	
	Oats, rolled or steel-cut	
	Pasta, whole wheat	
	Udon noodles	
	Unbleached white flour	

Wheat bran
Whole wheat flour

LEGUMES, BEANS, PEAS, AND SOYBEAN DERIVATIVES

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

NUTS & SEEDS

Ideal	Moderate	Rarely
	Coconut	All nuts
	Poppy seeds	Sesame seeds, black or white
	Pumpkin seeds, roasted	
	Sunflower seeds, roasted	
	Water chestnuts, cooked	

DAIRY

Ideal	Moderate	Rarely
Butter, unsalted	Cheeses, mild or soft	Buttermilk
Cottage cheese	Goat's milk	Cheeses, hard
Cow's milk, certified raw	Ice cream, homemade	Dairy products, commercial or powdered
	Yogurt, sweetened	Goat's cheese
		Sour cream

OILS

Ideal	Moderate	Rarely
Canola	Avocado	Almond
Coconut	Olive	Animal fats or lard

Soy	Safflower	Apricot
Sunflower	Walnut	Corn
		Mustard
		Sesame, dark
		Vegetable, mixed

SWEETNERS

Ideal	Moderate	Rarely
Barley malt	Amasake (rice milk)	Honey
Brown sugar, unrefined	Brown rice syrup	Molasses
Dates		Sugar substitutes (saccharin, Sweet'n Low, NutraSweet)
Fructose		White sugar
Fruit juice concentrates (apple, pear, mango, fig, apricot, grape)		
Maple syrup		
Sucanat		
Sugarcane juice		
Sweet fruits		

Herbs, Spices and Flavorings

Ideal	Moderate	Rarely
Black cumin	Almond extract	Ajwan
Cilantro	Basil, fresh	Allspice

Coriander	Black pepper	Anise
Cumin	Caraway	Asafoetida
Curry leaves	Cardamom	Basil
Dill leaves	Cinnamon	Bay leaf
Fennel	Cloves	Cayenne
Kudzu	Curry powder	Fenugreek
Mint	Dill seed	Garlic
Peppermint	Garam masala	Horseradish
Saffron	Ginger	Mango powder
Spearmint	Mace	Marjoram
Turmeric	Nutmeg	Mustard seeds
Wintergreen	Orange peel	Onion, raw
Black cumin	Parsley	Oregano
Cilantro	Tamarind	Paprika
Coriander	Vanilla	Pippali
Cumin		Rosemary
Curry leaves		Sage
Dill leaves		Thyme
Fennel		
Kudzu		
Mint		
Peppermint		
Saffron		
Spearmint		
Turmeric		
Wintergreen		

Condiments

Ideal	Moderate	Rarely
Chutney, coconut or mango	Black pepper	Chili peppers, hot
Cilantro	Gomasio, mild	Garlic
Coconut, grated or roasted	Mirin	Gomasio
Coconut milk	Olives, black	Ketchup
Daikon, grated	Orange peel	Mayonnaise, commercial
Mint leaves	Pickle, sweet ginger	Miso
Rose water	Rock salt	Mustard, commercial
Chutney, coconut or mango	Sea salt	Preservatives and additives, chemical
Cilantro	Tamari	Pickles, sour
Coconut, grated or roasted	Vinegar, brown rice or mild herbal	Salt, iodized
Coconut milk	Yogurt, sweetened or spiced	Soy sauce
Daikon, grated		
Mint leaves		
Rose water		

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

Ideal	Moderate	Rarely
Aloe vera juice or drinks	Almond milk	Alcohol
Amasake (rice milk)	Carrot-vegetable juice	Banana shake
Apple juice	Chicory blends	Caffeinated drinks
Apricot juice	Orange juice	Carbonated drinks
Berry juice, sweet	Lassi (sweet yogurt drink)	Chocolate drinks
Carob drinks	Soy milk, spiced	Cranberry juice
Coconut milk		Frozen drinks
Coconut shakes		Grapefruit juice
Cow's milk or drinks, cool		Papaya juice

Date shake
Grape juice
Mango juice
Peach juice
Pear juice

Salted drinks
Sour fruit juice
Tomato juice

Teas

Do not use chamomile if you are allergic to ragweed.

Ideal	Moderate	Rarely
Bancha (twig)	Alfalfa	Ajwan
Barley (grain tea)	Borage	Cloves
Birch	Burdock	Corn silk
Blackberry	Cardamom	Eucalyptus
Catnip	Cinnamon	Ginseng
Chamomile	Grain tea	Hawthorne
Chicory	Hibiscus	Hyssop
Chrysanthemum	Rosehips	Mormon tea
Comfrey	Strawberry	Osha
Dandelion		Pennyroyal
Elder flowers		Sage
Fennel		Sassafras
Hops		
Jasmine		
Lavender		
Lemon balm		
Lotus		

Marshmallow

Passionflower

Peppermint

Raspberry leaves

Rose flower

Saffron

Spearmint

Violet

Wild cherry bark

Wintergreen