

## 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
Artichoke	Broccoli	Beet greens
Asparagus	Burdock root, cooked moist	Bell peppers
Bok Choy	Cassava	Brussels sprouts
Carrots	Collards	Cabbage
Daikon	Corn, fresh	Cauliflower
Green beans	Cucumber, seedless	Celery
Landcress	Gourd squash	Eggplant
Leeks, cooked	Jerusalem artichoke	Endive
Onion, cooked	Jicama	Kohlrabi
Pumpkin	Kale, well cooked	Mushrooms
Sweet potatoes	Karela	Onions, raw
Summer squash (yellow crookneck, zucchini)	Lettuce	Peas
Watercress	Mustard greens	Pokeroot
Winter squash (acorn, buttercup, butternut)	Parsnips	Potatoes, white
Artichoke	Plantain	Rutabaga
Asparagus	Radishes	Swiss chard
Bok Choy	Spinach	Tomatoes
Carrots	Sprouts	Turnips
Daikon	Taro root	
Green beans	Turnip greens	
Landcress	Winter squash (spaghetti)	
Leeks, cooked		

Onion, cooked

Pumpkin

Sweet potatoes

Summer squash (yellow  
crookneck, zucchini)

Watercress

Winter squash (acorn,  
buttercup, butternut)

## FRUITS

Use fresh and seasonal fruits

	Moderate	Rarely
Apricots	Apples	Persimmon
Avocado	Cranberries	Prunes
Bananas	Dried fruits, cooked	Watermelon
Berries	Pears	
Cherries	Pomegranate	
Coconut	Quince	
Dates	Raisins, cooked	
Figs, fresh		
Grapefruit		
Kiwi		
Lemons		
Limes		
Mango		
Melons		
Oranges		
Papaya		
Peaches		
Pineapple		
Plums		
Rhubarb		
Soursop		
Tamarind		
Tangerines		

## GRAINS

V-K types should avoid a mono-diet of brown rice

Ideal	Moderate	Rarely
Basmati rice, brown or white	Amaranth	Buckwheat
Brown rice, all grains or sweet	Barley	Cereals, dried
Oats, whole cooked	Quinoa	Corn
Sushi rice, white		Millet
Wheat berries		Oats, dry
		Rye

## PROCESSED GRAINS (ALL YEAR)

(Use processed grains sparingly)

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

## LEGUMES, BEANS, PEAS, AND SOYBEAN DERIVATIVES

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

## NUTS & SEEDS

Ideal	Moderate	Rarely
	Almonds	
	Brazil nuts	
	Cashews	
	Chestnuts	
	Filberts	
	Macadamia	
	Peanuts	
	Pecans	
	Pine nuts	
	Pistachios	
	Pumpkin seeds	
	Sesame seeds, roasted	
	Sunflower seeds	
	Walnuts	

## DAIRY

Ideal	Moderate	Rarely
Buttermilk	Cheeses, hard or soft	Dairy products, commercial or powdered
Cottage cheese	Goat's milk	
Cows milk, certified raw	Ice cream, homemade	
Ghee	Sour cream	
Yogurt		

## OILS

Ideal	Moderate	Rarely
Almond	Coconut	Animal fats
Canola	Mustard	Corn
Sesame, dark or light	Olive	Vegetable, mixed
Sunflower	Safflower	
	Soy	
	Walnut	

## SWEETNERS

Ideal	Moderate	Rarely
Amasake (rice milk)	Barley malt	Honey, cooked
Brown rice syrup	Dried fruits, cooked (apricots, bananas, papaya, peaches, pineapples, raisins)	Sugar substitutes (saccharin, sweet'n low, NutraSweet)
Dates	Molasses	White sugar
Fruit juice concentrates		
Honey, raw or uncooked		
Maple syrup		
Sucanat		
Sugarcane juice		

## Herbs, Spices and Flavorings

Ideal	Moderate	Rarely
Almond extract	Cayenne	Garlic, raw
Anise	Cilantro	Extremely bitter and astringent herbs and spices
Asafoetida	Curry leaves	
Basil	Fenugreek	
Bay leaf	Garlic	
Black cumin	Horseradish	
Caraway	Mint	
Cardamom	Parsley	
Chili pepper		
Cinnamon		



Cloves	
Coriander	
Cumin	
Curry powder	
Dill, leaves or seed	
Fennel	
Garam masala	
Ginger, dried or fresh	
Kudzu	
Mango powder	
Mustard seeds	
Nutmeg	
Oregano	
Paprika	
Peppermint	
Pippali	
Rosemary	
Saffron	
Sage	
Savory	
Spearmint	
Tamarind	
Tarragon	
Thyme	
Turmeric	
Vanilla	

## Condiments

Ideal	Moderate	Rarely
Chutney, coconut or mango	Cilantro	Garlic, raw
Daikon, grated	Chili pepper	Ketchup
Gomasio	Coconut, grated	Mayonnaise, commercial
Horseradish	Coconut milk	Mustard, commercial
Mayonnaise, noncommercial	Rose water	Onion, raw
Mirin	Tamari	Preservatives and additives, chemical
Mustard, noncommercial		Salt, iodized
Olives, black or green		Garlic, raw
Pickles, ginger or lime or general		Vinegar, commercial
Rock salt		
Sea salt		
Tamarind		
Umeboshi plum		
Vinegar, brown rice or herbal or umeboshi		
Yogurt, spiced		

## Seaweeds

Soak and rinse thoroughly before use

Ideal	Moderate	Rarely
Arame	Agar-agar	
Hijiki	Blue-green algae	
Kombu	Dulse	
Wakame	Kelp	
	Seaware	

## Brews and Beverages

Drinks should not be cold, and most fruit juices should be diluted with water or milk for V types

Ideal	Moderate	Rarely
Almond milk	Carob drinks	Alcohol
Aloe vera drinks or juice	Carob banana shake	Apple juice
Apricot juice	Lassi (sweet yogurt drink)	Caffeinated drinks
Berry juice	Milk shakes	Carbonated drinks
Carrot juice	Mixed vegetable juices	Cold drinks
Cherry juice		Cranberry juice
Chicory blends		Pear juice
Coconut milk		Prune juice
Date shake		Pungent drinks
Grapefruit juice		Tomato juice
Grape juice		
Lemonade		
Mango juice		
Orange juice		
Papaya juice		
Peach juice		
Pineapple juice		
Salted drinks		
Sour drinks		

## Teas

Do not use chamomile if you are allergic to ragweed.

Ideal	Moderate	Rarely
Ajwan	Alfalfa	Blackberry
Bancha (twig)	Barley (grain tea)	Borage
Basil	Chrysanthemum	Burdock
Chamomile	Ginseng	Corn silk
Chicory	Hibiscus	Dandelion
Cinnamon	Hops	Mormon tea
Cloves	Jasmine	Yarrow
Comfrey	Nettle	
Elder flowers	Passionflower	
Eucalyptus	Raspberry	
Fennel	Red clover	
Ginger	Strawberry	
Hyssop	Violet	
Lavender		
Lemon balm		
Licorice		
Lotus		
Marshmallow		
Orange peel		
Pennyroyal		
Peppermint		
Peruvian bark		
Rose flowers		
Rosehips		
Saffron		

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Sage

Sarsaparilla

Sassafras

Spearmint

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