

## 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	Arugula	Brussels sprouts
Asparagus	Bamboo shoots	Mushrooms
Beets	Bell peppers	Onions, raw
Green beans	Bok choy	Shiitake mushrooms
Landcress	Broccoli	Swiss chard
Lotus root	Broccoli rabe	Taro root
Mustard greens	Burdock root	Tomatoes
Okra	Cabbage	Turnips
Onion, cooked	Carrots	Vegetables, raw
Parsnips	Cassava	
Radishes, cooked	Cauliflower	
Summer squash (yellow crookneck)	Celery	
Winter squash (acorn, buttercup, butternut, spaghetti)	Corn, fresh	
Watercress	Cucumber, seedless	
	Daikon	
	Eggplant	
	Endive	
	Escarole	
	Gourd squash	
	Jerusalem artichokes	
	Jicama	
	Kale	
	Karela, well cooked	
	Kohlrabi	
	Lambsquarter	
	Papaya, green	
	Parsnips	
	Peas	
	Peppers	
	Plantain	
	Pokeroot	
	Potatoes, white	
	Pumpkin	
	Radicchio	
	Snow peas	
	Spinach	
	Sprouts	
	Sweet potatoes	
	Turnip greens	
	Zucchini	

## FRUITS

Use fresh and seasonal fruits

Ideal	Moderate	Rarely
Apricots Berries  Cherries Coconut Dates Figs, fresh Lemon Lime Mango Melon Papaya Peaches Raisins, moist Rhubarb Strawberries Tamarind	Apples Avocado  Bananas Dried fruits Grapes Kiwi Oranges Pears Persimmon Pineapple Plums Pomegranate Soursop	Cranberries Dried, sour, or sweet fruits, in excess Prunes Quince

## GRAINS

Since most dry goods are available throughout the year, grains are categorized by season for the dual types.

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

Ideal	Moderate	Rarely
<b>Winter/Spring (December to end of April)</b>		
Barley Millet Quinoa	Amaranth Basmati rice, brown or white Brown rice, long- or short-grain Rye	Buckwheat Oats, whole cooked Wheat
<b>Spring/Summer (May to end of August)</b>		
Brown rice, long-grain Wheat	Barley Brown rice, short- or medium-grain Millet Oats, whole cooked Wild rice	Amaranth Buckwheat  Corn Quinoa Rye
<b>Fall (September to end of November)</b>		
Basmati rice, brown Brown rice, long-grain Oats, whole cooked	Basmati rice, white Brown rice, medium-grain Millet Quinoa Wheat Wild rice	Amaranth Buckwheat Corn Rye

## PROCESSED GRAINS (ALL YEAR)

(Use processed grains sparingly)

Ideal	Moderate	Rarely
	Bulgur Couscous Mochi (pounded sweet rice) Oats, steel-cut Pasta, whole wheat Rice flour Udon noodles Unbleached white flour Whole wheat flour	Cereals, commercial or dried Corn grits Corn meal Oat bran Oats, rolled Rye flakes Wheat bran

## LEGUMES, BEANS, PEAS, AND SOYBEAN DERIVATIVES

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

## NUTS & SEEDS

Ideal	Moderate	Rarely
	Coconut Poppy seeds Pumpkin seeds, roasted Sesame seeds, roasted Sunflower seeds, roasted	All nuts. Small amounts of almonds, cashews, pecans, pistachios, and walnuts are permitted in the fall (September to end of November).

## DAIRY

Ideal	Moderate	Rarely
Cottage cheese Ghee Goat's milk	Butter, unsalted Cow's milk, certified raw Yogurt	Buttermilk Butter, salted Cheeses, salted* Dairy products, commercial or powdered Ice cream Sour cream

\*Small amounts of cheeses and sour cream may be used in the fall (September to end of November).

## OIL

Ideal	Moderate	Rarely
Canola Sunflower	Almond Apricot Avocado Coconut Corn Mustard Olive Safflower Sesame, dark or light Soy Walnut	Animal oils or lard Vegetable oil, mixed

## SWEETNERS

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

## Herbs, Spices and Flavorings

Ideal	Moderate	Rarely
Allspice	Almond extract	Garlic, raw
Anise	Cayenne	
Asafoetida	Dill seed	
Basil	Fenugreek	
Bay leaf	Ginger, fresh	
Black cumin	Horseradish	
Black pepper	Kudzu	
Caraway	Mango powder	
Cardamom	Mugwort	
Cinnamon	Neem leaves	
Cloves	Orange extract	
Coriander		
Cumin		
Curry powder		
Dill leaves		
Eucalyptus		
Fennel		
Garam masala		
Garlic, cooked		
Ginger, dried		
Mace		
Marjoram		
Nutmeg		
Onion, dried		
Orange peel		
Oregano		
Paprika		
Parsley		
Peppermint		
Poppy seeds		
Rosemary		
Saffron		
Sage		
Savory		
Spearmint		
Star anise		
Tamarind		
Tarragon		
Thyme		
Turmeric		
Vanilla		

## Condiments

Ideal	Moderate	Rarely
	Cilantro Chutney, coconut or sweet mango Daikon, grated Gomasio, mild  Horseradish Lemon juice Mayonnaise, noncommercial Mint leaves Mustard, noncommercial Olives, black  Pickles, cucumber or ginger or lime or mango Rose water Rock salt Sea salt Sprouts Vinegar, brown rice or herbal or umeboshi Wasabi Yogurt, spiced	Mayonnaise, commercial Miso  Mustard, commercial Preservatives and additives, chemical Salt, iodized Vinegar, commercial Mayonnaise, commercial Miso Mustard, commercial Preservatives and additives, chemical Salt, iodized  Vinegar, commercial

## Seaweeds

Use sparingly in the fall (September to end of November). Soak and rinse seaweeds thoroughly before use.

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

## Brews and Beverages

Ideal	Moderate	Rarely
Apricot juice	Apple juice	Alcohol
Berry juice	Banana drink	Aloe vera juice or drinks
Carrot juice	Carrot-vegetable juice	Caffeinated teas
Carrot-ginger drink	Coffee	Carbonated drinks
Cherry juice	Mildly salted or sour brews	Chocolate drinks
Chicory blends	Orange juice	Cold drinks
Grape juice	Pear juice	Fruit juices, sweetened
Mango juice, unsweetened	Pineapple juice	Goat's milk, warm spiced
Peach juice	Pungent brews	Pomegranate juice
Soy milk, warm spiced		Tomato juice

## Teas

Do not use chamomile if you are allergic to ragweed.

Ideal	Moderate	Rarely
Bancha (twig)	Ajwan	
Basil	Alfalfa	
Chamomile	Barley (grain tea)	
Chicory	Chrysanthemum	
Cinnamon	Comfrey	
Cloves	Dandelion	
Elder flowers	Ginger, fresh	
Eucalyptus	Ginseng	
Fennel	Hibiscus	
Ginger, dried	Hops	
Lavender	Hyssop	
Lemon balm	Jasmine	
Lemon grass	Licorice	
Lotus	Nettle	
Mexican bark tea	Pennyroyal	
Orange peel	Red clover	
Osha	Sarsaparilla	
Peppermint	Spearmint	
Raspberry	Violet	
Rose flowers		
Saffron		
Sage		