*आहार शुद्धौ सत्त्व शुद्धिः सत्त्व शुद्धौ स्मृतिः ध्रुवा
स्मृति लम्भे सर्व ग्रन्थीनां विप्र मोक्षः || [CHANDOGYA UPANISHAD 7.26.2]

"From purity of food comes purity of mind;
from purity of mind comes constant remembrance of God, and from constant remembrance of God one becomes free from all bondage - one becomes liberated."

Satvic Food

आयुःसत्त्वबलारोग्यसुखप्रीतिविवर्धनाः ।
रस्याः स्निग्धाः स्थिरा हृद्या आहाराः सात्त्विकप्रियाः ॥

Lord Krishna says; Food that enhances longevity, mind, strength, health, happiness and joy, that which is juicy, oily, stable and pleasant, is dear to one who is saatvic.

Rajasic Food

कट्वम्ललवणात्युष्णतीक्ष्णरूक्षविदाहिनः ।

आहारा राजसस्येष्टा दुःखशोकामयप्रदाः ॥

Food that is bitter, sour, salty, excessively hot, pungent, dry and burning, are dear to the raajasic person, causing pain, sorrow and disease.

Tamasic Food

यातयामं गतरसं पूति पर्युषितं च यत् ।उच्छिष्टमपि चामेध्यं भोजनं तामसप्रियम् ॥

Bhagavad Gita says about Tamasic food as People in the mode of ignorance like foods that are stale, tasteless, rotten, and impure (such as meat and alcohol).

युक्ताहारविहारस्य युक्तचेष्टस्य कर्मसु। युक्तस्वप्नावबोधस्य योगो भवति दुःखहा।।

He who is regulated in his habits of eating, sleeping, recreation and work, can mitigate all material pains by practicing the yoga system.