

Vata

air and space

Pacifies Vata ↑

Sweet	Pungent
Salty	Bitter
Sour	Astringent

↓ Aggravates Vata

Tastes: water, earth, & fire

Pitta

Fire and water

Pacifies Pitta ↑

Sweet	Salty
Bitter	Sour
Astringent	Pungent

↓ Aggravates Pitta

Tastes: earth, air & space

Kapha

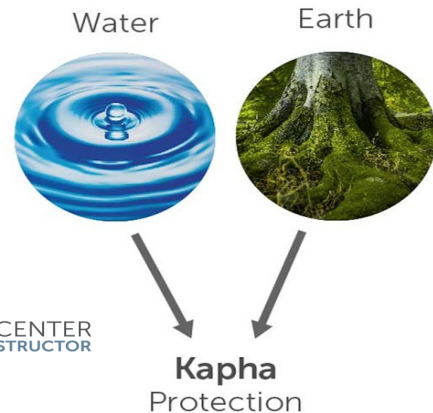
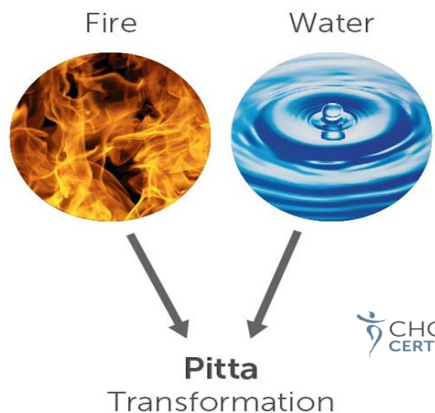
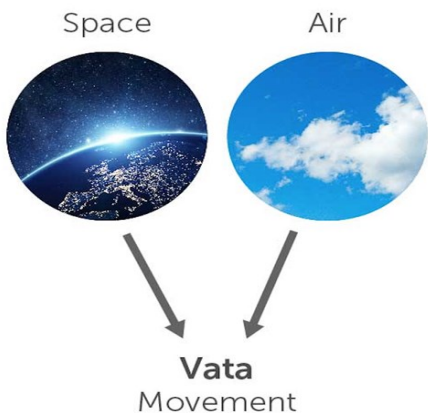
Earth and water

Pacifies Kapha ↑

Pungent	Sweet
Bitter	Salty
Astringent	Sour

↓ Aggravates Kapha

Tastes: fire, air & space



CHOPRA CENTER
CERTIFIED INSTRUCTOR

Sweet

whole grains
dairy
starchy vegetables
fruits
bread & pasta
nuts & seeds
oils
sweeteners
eggs
animal products

Water Earth

Salty

salt
sea vegetables
fish
shellfish
animal products
soy sauce
condiments
Many commercially prepared foods

Water Fire

Sour

citrus fruits
berries
tomatoes
yogurt
cheese
fermented foods
pickles
vinegar
alcohol

Earth Fire

Six Tastes of Life

Pungent

peppers
ginger
radishes
onions
garlic
turmeric
cinnamon
basil
cloves
-All spicy food is pungent.

Air Fire

Bitter

green and yellow vegetables
green leafy vegetables
rosemary

Air Space

Astringent

non-herbal teas
beans
legumes
vegetables
apples
pomegranates
nuts

Earth Air

Through expanded awareness, learn and understand your basic constitution, or the proportion of Vata, Pitta, and Kapha inherently present in your mind-body system and the foods you eat.