



# KAPHA FOOD PROGRAM



Awaken to the Magic  
of Your True Nature™

## Basic Principles

Qualities to Reduce: Cold, Heavy, Moist

Qualities to Increase: Light

Best: Pungent, Bitter, Astringent

Small Amounts: Sour, Astringent

Avoid: Sweet, Salty, Sour

## 6 Tastes ()

Sweet: Earth & Water

Sour: Fire & Earth

Salty: Fire & Water

Pungent: Fire & Air

Astringent: Earth & Air

Bitter: Air & Ether

heathertenbroek@gmail.com \* [www.AwakenAyurveda.com](http://www.AwakenAyurveda.com) \* 541.306.9903

## Grains

Best to eat sparingly & toasted is best

**BEST:** Cassava, amaranth, barley, basmati rice, buckwheat, quinoa

**OK:** millet, rye

**Avoid:** corn, oats, sticky rice, polenta, wheat, short grain or brown rice

## Dairy

It is best to use raw or organic whole milk. Try warm with a bit of ginger & cardamom.

### Best to avoid all dairy

**OK:** seed milks, coconut milk, ghee, goat milk, skim

**Avoid:** butter, buttermilk, cheese, cottage cheese, cream cheese, cream, kefir, ice cream, sour cream, yogurt, froyo, heavy cow's milk

## Sweeteners

(overuse of any will cause imbalance)

**Best:** stevia or monk fruit, raw honey (look for honey that is more than 6 mo's old)

**Avoid:** all other sweeteners

## Oils

Oils in general for these doshas should be used in small amounts. Even the best oils will aggravate Kapha. The best oils are light, dry & cooler

**Best:** flaxseed, mustard, grapeseed, soy, safflower

**Avoid:** canola, margarine, peanut, avocado, almond, castor, flaxseed, sesame, olive

## Legumes

Tend to be dry, cool, & heavy. Light use is ok & eaten with spices to aid digestion.

**Best:** Mung beans, tofu, lentils, split pea, soy, tofu, dried or roasted chickpeas

**Avoid:** adzuki, navy, pinto, kidney, lima, black lentil

## Spices/condiments

Aids digestion & absorption of nutrients. Food should have an overall warming spice effect Overall spicing effect is more important than individual spice. You may use large amounts of "Best" spices to enhance flavor. For Kapha, food should be spiced hot & never bland.

**Best:** anise, basil, bay, black pepper, calamus, cardamom, cayenne, chamomile, cilantro, cinnamon, cloves, coriander, cumin, curry leaves, dill, fennel, fenugreek, garlic, ginger, horseradish, lemon verbena, mustard, nutmeg, oregano, peppermint, rosemary, saffron, sage, spearmint, thyme, turmeric

**Avoid:** Mayonnaise & Salt

## Vegetables

Raw veg best in Summer, mixture of raw & cooked rest of year & during digestive difficulties. In general, bitter vegetables are best for Kapha, so eat lots.

**Best:** all sprouts, artichokes, asparagus, bitter melon, broccoli, brussels, cabbage, cauliflower, celery, chilies, cilantro, cress, green beans, kale, leafy greens, mustard greens, onions, parsley, snow peas, peppers, radish, seaweed, spinach, rutabaga

**OK:** carrots, cooked garlic, leeks, mushrooms, peas, tomatoes

**Avoid:** beets, cukes, eggplant, okra, squash, potatoes

**NOTE:** Kapha does well with intermittent fasting & no snacking to allow digestive fire to build. Ask me for more information !!

## Fruits

As fruits tend to be light - good for Kapha. However, due to containing high glycemic value & lots of H<sub>2</sub>O, overuse can increase Kapha.

(anything in excess can increase Kapha) Dried are best of any fruit. Choose local & in season

**Best:** apples, blueberries, cherries, cranberries, currants, grapefruit, pomegranate, prunes, raisins

**OK:** apricots, lemon, lime, papaya, pineapple

**Avoid: sweet fruits,** avocado, banana, ripe berries, coconut, date, fig, grape, mango, melon, peaches, plums, tangerine

## Nuts/Seeds

Heavy, oily nuts aggravate. Toasted are best.

**Best:** Pumpkin & Sunflower seeds

**Ok:** sesame seeds

**Avoid:** almonds, brazil, cashew, macadamia, peanut, pecan, pistachio, walnut

## Meats

If you choose to eat meat, limit consumption to 2-4 times per week - bone broth OK - choose lean & locally raised

**Best:** lean, grass-fed, local, fresh water fish

**OK:** fowl, eggs, seafood, shell fish (in moderation)

**Avoid:** fatty beef or pork, duck, venison

## Beverages

**Best:** Room temp or warm!!!! Herb teas (spicy & bitter), cranberry juice, green juices, wheatgrass

**OK:** naturally carbonated (mineral H<sub>2</sub>O), coffee

**Avoid:** alcohol, apple, carrot, orange juice, soda