



# PITTA/KAPHA FOOD PROGRAM

Awaken to the Magic  
of Your True Nature™

## Basic Principles

Qualities to Reduce: Hot, Heavy, Moist

Qualities to Increase: Light

Best: Bitter, Astringent

Small Amounts: Sour, Astringent

Avoid: Sweet, Salty

## 6 Tastes

Sweet: Earth & Water

Sour: Fire & Earth

Salty: Fire & Water

Pungent: Fire & Air

Astringent: Earth & Air

Bitter: Air & Ether

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## Grains

Best to eat cooked grains or yeasted bread

**BEST:** Cassava, Rye, barley, basmati rice

**OK:** amaranth, millet, quinoa, other rices (if strong digestion as brown or starchy rices can increase Kapha), sprouted grains, sourdough

**Avoid:** Buckwheat, corn, oats, sticky rice, polenta

## 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:** coconut milk, ghee, goat milk

**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

**OK in small amts:** fresh honey

**Avoid:** all other sweeteners

## Oils

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

**Best:** sunflower, grapeseed, safflower, coconut

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

## Legumes

Tend to be dry, cool, & heavy. Moderate use is ok & eaten with spices to aid digestion. Soak B4 cooking.

**Best:** Mung beans, tofu, adzuki, fava, back gram, lima, split pea, soy, tofu

**OK:** black, navy, pinto, kidney

**Avoid:** chickpea, lentil, tempeh, peanut

## Spices/condiments

Aids digestion & absorption of nutrients. Food should have an overall warming spice effect

NOT HOT. Overall spicing effect is more important than individual spice. You may use large amts of "Best" spices to enhance flavor

**Best:** cardamom, chamomile, cilantro, coriander, cumin, curry leaves, fennel, lemon verbena, peppermint, rosemary, saffron, spearmint, turmeric

**OK:** allspice, anise, basil, bay leaf, carob, caraway, dill, fenugreek, fresh ginger, hyssop, oregano, paprika, parsley, poppy seeds, rosemary, sage, star anise, tarragon, thyme

**Very Small or None:** asafoetida, black pepper, raw garlic, calamus, celery seed, cinnamon, cloves, cayenne, dry ginger, horseradish, marjoram, nutmeg, hot mustard, catsup, chocolate, mayonnaise,

## Vegetables

Raw veg best in Summer, mixture of raw & cooked rest of year. Being light & cool, most veg reduce Pitta & Kapha, so eat lots!

**Best:** all sprouts, artichokes, asparagus, bell peppers, bitter melon, broccoli, brussels, cabbage, cauliflower, celery, cilantro, cress, green beans, kale, leafy greens, mushrooms, parsley, peas, pumpkin, turnips

**OK:** beets, carrots, cucumber, eggplant, cooked garlic, leeks, mustard greens, okra, fresh onion, potatoes, seaweed, spinach, yellow squash, tomatoes, zucchini

**Avoid:** avocado, chilis, radish, acorn & winter squash, tomato sauce & pastes

## Fruits

As fruits tend to be light & cool, good for Pitta/Kapha. However, due to containing lot of H2O, overuse can increase Kapha. (anything in excess can increase Kapha)

**Best:** apples, blueberries, cranberries, currants, lemon, lime, pomegranate

**OK:** apricots, blackberries, cantaloupe, cherry, grapefruit, nectarines, orange, peach, pear, persimmon, pineapple, plum, raspberry, tangerine, watermelon

**Avoid:** date, fig, grape, mango, papaya, strawberry

## Nuts/Seeds

Heavy, oily nuts aggravate. Seeds are best.

**Best:** Pumpkin & Sunflower seeds

**Ok:** filberts, pine nuts, sesame seeds, coconut

**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

**Best:** lean, grass-fed, local

**OK:** fowl, egg whites, fresh water fish

**Avoid:** fatty beef or pork, duck, dark meat of chicken/turkey, ocean or shellfish

## Beverages

**Best:** Room temp or warm!!! green juices, tea

**OK:** naturally carbonated (mineral H2O)

**Avoid:** alcohol, soft drinks, spicy teas, caffeine