



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