



# VATA FOOD PROGRAM



Awaken to the Magic  
of Your True Nature™

## Basic Principles

Qualities to Reduce: Cold, Light, Dry

Qualities to Increase: Warm, heavy, moist

Best: Sweet, Salty, Sour

Avoid: Pungent (dry), Astringent, Bitter



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## Grains

It is best to eat cooked grains or unyeasted bread (think dense not light, airy, dry).

**BEST:** Oats (cooked), quinoa, rice, wheat

**OK:** Barley, millet

**Avoid:** Buckwheat, corn flour (chips, bread, tortillas, popcorn), granola, polenta, rye

## Dairy

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

**Best:** Ghee, Butter, buttermilk, kefir, milk, sour cream, yogurt (fresh)

**OK:** Cheeses **Avoid:** Ice Cream, fro-yo

## Sweeteners

Moderation is important as overuse of even the best sweeteners will increase VATA.

**Best:** Raw, uncooked honey, jaggery (raw sugar), maltose, maple syrup, molasses, rice syrup, sucanat

**OK in small amts:** Date or grape sugar

**Avoid:** Brown or White Sugar

## Oils

Oils are important - use generously.

**Best:** Ghee, Almond, Sesame

**OK:** Avocado, castor, coconut, flaxseed, mustard, olive, peanut, sunflower

## Spices/Condiments

All spices!!! Food moderately spiced & never bland or too hot. Think warm, comforting.

## Condiments

**Best:** Mayo, Vinegar **Avoid:** Carob, Chocolate

## Fruits

Sweeter Fruits are best.

**Best:** baked apples, apricots, avocados, ripe bananas, berries, cherries, cranberry sauce, fresh figs, grapes, grapefruit, mango, nectarines, oranges, papaya, peaches, pears, persimmons, pineapple, plums, tangerines

**OK:** sour apples, pomegranate

**Avoid:** Dried fruit of any kind! Cranberries

## Vegetables

COOKED are best & easier to digest

**Best:** Avocado, Beets, carrots, (not as a juice), leeks, mustard greens, okra, chard, cooked onions, parsnips, turnips, sweet potato, yams, shallots, acorn & winter squash, tomatoes.

**OK in small amts:** Broccoli, cauliflower, celery, corn, eggplant, green beans, kale, medium chilis, hot peppers, mushrooms, potatoes, seaweed, spinach, sweet peas, zucchini, summer squash

**Avoid:** sprouts (any & all), asparagus, cabbage (even cooked), snow peas, cucumber, any raw vegetables

The following may be eaten raw in the summer with a creamy, spicy, heavy or oily dressing: Lettuces, Leafy greens, spinach.

## Legumes

**Best:** Yellow Dal, Mung Beans, soy milk

**OK in small amts:** tofu, hummus

**Avoid:** all other beans or lentils

## Nuts/Seeds

Warm or lightly roasted salted nuts are best. Dry roasted should be avoided. All nut butters are highly recommended except peanut butter.

**Best:** Almonds **Avoid:** Peanuts

**Ok in small Amts:** Cashews, filberts, pecans, pistachio, pumpkin seeds, sesame seeds, sunflower seeds (any other nut)

## Meats

If you choose to eat meat, make sure you are eating enough fiber to stay regular

**Best:** Fowl (dark meat), beef, eggs, fresh water fish, lamb, pork, seafood, venison, elk

**OK in small amts:** shellfish, fowl white meat

## Beverages

**Best:** Room temp or warm water throughout the day. Spicy teas such as chamomile, cinnamon, clove, ginger. Dilutes fruit juices are ok but, not with a meal.

**Avoid:** Cold drinks, caffeine or alcohol in excess (heavier wines ok), carbonated drinks

## 6 Tastes (see flyer)

Sweet: Earth & Water

Sour: Fire & Earth

Salty: Fire & Water

Pungent: Fire & Air

Astringent: Earth & Air

Bitter: air & ether