



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