



VATA/PITTA FOOD PROGRAM

Awaken to the Magic
of Your True Nature™

Basic Principles

Qualities to Reduce: Hot, Light, Dry, mobile

Qualities to Increase: Cool, heavy, moist, dense

Best: Sweet Small Amounts: Sour, Astringent

Avoid: Pungent (hot), Bitter, 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 unyeasted bread (grains should make large portion of diet)

BEST: Cooked oats, basmati rice, whole wheat

OK: amaranth, barley, millet, quinoa, other rices (brown, short or long grain), rye

Avoid: Buckwheat, corn flour (chips, bread, tortillas, popcorn), dry granola, polenta, dry flour products

Dairy

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

Best: Ghee, unsalted Butter, whole milk, oat & coconut milk, cream cheese, cottage cheese

OK: hard non-salted Cheeses, buttermilk, kefir, yogurt, sour cream, paneer cheese

Avoid: ice cream, froyo

Sweeteners

(overuse of any will cause imbalance)

Best: fresh honey, maple & rice sugar & syrup

OK in small amts: date sugar, dextrose, fructose, molasses, sucanat, monk fruit

Avoid: white table sugar

Oils

Should be used abundantly if dry skin or in dry cold climates, ups nourishment & ojas

Best: Avocado, coconut, ghee, olive, sunflower

OK: almond, castor, flax, sesame, soy

Avoid: canola, margarine, peanut, mustard, lard, safflower

Legumes

When weak digestion only eat "Best"

Best: Mung beans, tofu

OK: adzuki, chickpea, black lentil, navy, pinto, kidney

Avoid: fava, red/yellow lentil

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. Small amts of rest

Best: bay leaf, caraway, cardamom, chamomile, cilantro, coriander, cumin, dill, fennel, lemon verbena, peppermint, rosemary, saffron, spearmint, turmeric

OK: anise, basil, carob, cinnamon, fenugreek, fresh ginger, marjoram, mayonnaise, nutmeg, oregano, poppy seeds, sage, salt, star anise, thyme **Very Small or None:** asafoetida, black pepper, raw garlic, cloves, cayenne, dry ginger, horseradish, hot mustard, catsup, chocolate, tamari, vinegar

Vegetables

Cooked best - more nourishing & easy to digest. Raw only in summer with strong digestion (no gas or constipation).

Best: artichoke (w/oily dressing), avocado, bean sprouts, cauliflower, cilantro, leeks, okra, cooked onion, potato, pumpkin, seaweed, squash, sunflower sprouts, sweet vine ripened tomato

OK: alfalfa, asparagus, beets, peppers, broccoli, brussels, carrot, celery, cukes, eggplant, green beans, kale, lettuce, mushrooms, mustard greens, parsley, peas, spinach, sweet potato, turnips

Avoid: cabbage, chilies, hot peppers, radish, raw onion, tomato paste/sauce

Fruits

Sweeter Ripe Fruits are best. In general lighter fruits in moderation.

Best: apricots, avocado, banana, berries, cantaloupe, coconut, dates, fig, grape, lemon, lime, mango, nectarine, orange, papaya, peach, pear, persimmon, plum, pomegranate, prune

OK: apple, cherry, cranberry, grapefruit, pineapple, tangerine, watermelon

Avoid: dry, sour or unripe fruits & olives

Nuts/Seeds

If at all - light or no salt, dry roasted to assist digestion. Nut butters ok except peanut.

Best: Coconut, pine, sunflower & sesame Seeds

OK: almonds, brazil nuts, cashews, macadamia, pecan, pistachio, pumpkin seeds

Avoid: peanut

Meats

If you choose to eat meat, limit consumption to 3-4 times per week - bone broth OK

Best: Fowl, eggs, fresh water fish

OK in small amts: beef, lamb, pork, sea fishes, venison, any other red meat

Avoid: dark meat of chicken/turkey, shellfish

Beverages

Best: Room temp or warm!!! Chamomile, licorice, mint or mild spice teas, milk

OK: carrot or fruit juice diluted, natural soda, green or black tea

Avoid: alcohol, carbonation, coffee, spicy herb teas, soft drinks, tomato juice, vegetable juices