



PITTA FOOD PROGRAM

Awaken to the Magic
of Your True Nature [™]

Basic Principles

Qualities to Reduce: Hot, Light, Dry

Qualities to Increase: Cool, heavy, moist

Best: Sweet, Bitter, Astringent

Avoid: Pungent (hot), Sour, Salty

6 Tastes

Sweet: Earth & Water

Sour: Fire & Earth

Salty: Fire & Water

Pungent: Fire & Air

Astringent: Earth & Air

Bitter: Air & Ether

heathertenbroek@gmail.com * www.AwakenAyurveda.com * 541.306.9903

Grains

Best to eat cooked grains or unyeasted bread (grains should make large portion of diet)

BEST: Barley, basmati rice, oats, whole wheat

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

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

Avoid: Buttermilk, sour cream, kefir, yogurt

Sweeteners

Best: maltose, maple syrup, rice syrup,

OK in small amts: honey, fructose, dextrose

Avoid: molasses, raw sugar

Oils

Best: Ghee, olive oil

OK: Avocado, sunflower, coconut

Avoid: Almond, castor, flaxseed, margarine, mustard seed, peanut, safflower, sesame

Spices/Condiments

When Spicing, the overall spiciness is more important than individual spices. Even some "Avoid" spices can be used if balanced with other spices on the "Best" list. Mild to moderate as opposed to bland or very hot.

Best: Cardamom, chamomile, coconut, coriander, dill, fennel, lemon verbena, peppermint, saffron, turmeric, carob

OK: Basil, bay leaf, black pepper, caraway, cinnamon, cumin, fresh ginger, oregano, rosemary, thyme, sweet mustards, mayonaise

Avoid: anise, asafoetida, calamus, cayenne, paprika, cloves, fenugreek, garlic, dry ginger, horseradish, marjoram, mustard, nutmeg, sage, star anise, poppy seeds, chocolate, salt, vinegar, hyssop, hot pepper flakes

Vegetables

Best eaten fresh & lg amounts. Cooked in winter or week digestion. Raw in Summer of strong digestion. Fresh green juices BEST.

Best: Alfalfa Sprouts, artichoke, asparagus, bean sprouts, bell pepper, bitter melon, broccoli, brussels, cabbage, cauliflower, celery, cilantro, cress, cucumber, kale, leafy greens, lettuce, mushrooms, cooked onions, peas, pumpkin, seaweed, squash, zucchini

OK: avocado, beets, carrots, cooked garlic, parsley, potato, spinach, vine-ripened tomato
Avoid: if Arthritic, all nightshades! chilis, hot peppers, mustard greens, raw onion, radish, tomato paste, sauce

Legumes

Best: Black lentils, chickpeas, mung beans, split peas, soybeans (all soy products), tofu

OK in small amts: adzuki, kidney, navy, & pinto beans

Avoid: red & yellow lentils

Fruits

Sweeter Ripe Fruits are best. Avoid Sour.

Best: apples, avocados, berries, cantaloupe, coconut, dates, dried fruits, figs, sweet grapes, lemons, limes, nectarines, prunes, raisins

OK: apricots, bananas (very ripe only), cherries, grapefruit, orange, pineapple

Avoid: Sour fruits mandarin, sour plum, papaya, olives, tangerine, & all unripe fruit

Nuts/Seeds

Best: Coconut, sunflower & pumpkin Seeds

Ok in small Amts: pine nuts, sesame seeds

Avoid: almonds, brazil nuts, cashews, macadamia, pecan, pistachio, peanut

Meats

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

Best: Fowl, eggs, fresh water fish

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

Beverages

Best: 5 cups of water per day. Bitter & astringent herb teas such as alfalfa, chicory, dandelion, hibiscus, & strawberry leaf. Milks, wheat grass.

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