

Pitta Pacifying diet

*Okay in moderation **okay rarely

Never say never and remember Variety is the spice of life,

Fruit, Consume sweet

Sweet apples, Applesauce, Apricots, Avocado, sweet Berries, Coconut, Dates, Figs, red and purple grapes, limes, Mangoes, Melons, sweet oranges, pears, sweet Pineapple, sweet plums, Pomegranates, Prunes, Raisins, Strawberries, Watermelon.

Fruit, Avoid Sour

Sour Apples, sour Apricots, Bananas, sour berries, Cranberries, Grapefruit, Green Grapes, Kiwi, Lemons, green Mangoes, sour Oranges, Peaches if not sweet and very ripe, Persimmons, sour Pineapples, sour Plums, Rhubarb, Tamarind.

Vegetables, Sweet and Bitter

Artichokes, Asparagus, cooked Beets, Bitter Melon, Broccoli, Brussel Sprouts, Cabbage, Carrots, Cauliflower, Celery, Cilantro, Cucumber, Dandelion greens, Fennel (anise), Green beans, Jerusalem artichokes, Kale, Leafy Greens, Lettuce, Mushrooms, Okra, black Olives, cooked onions, Parsley, Parsnips, Peas, sweet peppers, sweet and white Potatoes, Prickly pear leaves, Pumpkin, cooked Radishes, Rutabaga, Spaghetti Squash, Sprouts, winter and summer Squash, Taro root, Watercress, Wheat Grass sprouts, Zucchini.

Vegetables, Avoid Pungent

Beet Greens, raw Beets, Burdock root, fresh corn, Daikon Radish, Eggplant, Garlic, green Chilies, Horseradish, Kohlrabi, raw Leeks, Mustard greens, green olives, raw Onions, hot Peppers, Prickly pear fruit, raw Radishes, raw Spinach, Tomatoes, Turnip greens, Turnips.

Grains

Amaranth, Barley, Couscous, Durham flour, Granola, Oat Bran, cooked Oats, Pancakes, Quinoa, Rice (Basmati, white, wild), Rice cakes, Seitan, Spelt, Sprouted Wheat bread, Wheat bran (if you are intolerant to wheat do not consume)

Avoid

Yeast Breads, Buckwheat, Corn, Millet, Museli, dry oats, Polenta, brown Rice, and Rye

Legumes

Azuki Beans, Black Beans, Black-eyed peas, Chick Peas, Kidney beans, brown and red Lentils, Lima beans, Mung beans, Mung dal, Navy beans, dried Peas, Pinto beans, Soy (beans, cheese, milk, powder), split Peas, Tempeh, Tofu, White Beans

Avoid

Miso, Soy sauce, Tur Dal, Urad dal

Dairy

Unsalted Butter, Cheese (soft, not aged, unsalted), Cottage cheese, Cow's milk if not intolerant, Ghee, Goat's Milk, Goat Cheese (soft, unsalted), Ice Cream, freshly made Yogurt* diluted sweetened with maple syrup.

Avoid

Salted Butter, Buttermilk, hard cheese, Sour cream, plain or frozen fruit sweetened Yogurt.

Animal Foods

Buffalo, white chicken, Eggs especially whites, freshwater Fish, Rabbit, Shrimp*, White Turkey, Venison.

Animal foods to avoid

Beef, dark meat Chicken, Duck, Pork, Lamb, Salmon, Sardines, and Seafood unless otherwise specified, wide body fish (shark, Tuna, Swordfish), Dark Turkey.

Condiments

Black Pepper*, sweet Mango Chutney, Coriander Leaves, Dulse*, Hijiki*Kombu*, Lime, Sprouts, Celtic Salt*, Seaweed*, Tamari*.

Condiments to Avoid

Chili peppers, Chocolate, Spicy mango chutney, Gomasio, Horseradish, Kelp, Ketchup, Mustard, Lemon, Lime Pickles, Pickles, Mayonnaise, Salt in excess, Scallions, Soy Sauce, Vinegar.

Nuts

Almonds if they are soaked and peeled, Coconut

Nuts to Avoid

Almonds with skin, Black Walnuts, Brazil nuts, Cashews, Filberts, Hazelnuts, Macadamia Nuts, Peanuts, Pecans, Pine Nuts, Pistachios, Walnuts.

Seeds

Flax, Halva, Psyllium, Pumpkin*, Sunflower

Seeds to Avoid

Chai, Sesame, Tahini

Oils

Sunflower, Ghee, Olive, Soy, Flax Seed, Primrose, for external use only Avocado, coconut and walnut.

Oils to Avoid

Almond, apricot, corn, Safflower, Sesame

Beverages

Beer and dry White Wine, Almond Milk, Aloe Vera Juice, Apple Juice, Apricot Juice, Sweet Berry Juice, Black Tea*, Carob, Chai*, Cherry Juice, Cool Dairy products, Grain coffee decaffeinated, Red Grape juice, Mango Juice, Miso Broth*, Mixed vegetable juice without tomatoes, Peach Nectar, Prune Juice, Pomegranate Juice, Rice Milk, Soy Milk, Vegetable Bouillon.

Beverages to Avoid

Hard red Wine, Apple cider, Caffeinated beverages, Carrot Juice, Sour Cherry Juice, Chocolate Milk, Coffee, Cranberry Juice, Grapefruit Juice, Iced Tea, Icy Cold Drinks, Lemonade, Papaya Juice, Tomato Juice, V-8, Sour Juice.

Herbal Teas

Alfalfa, Bancha, Barley, Blackberry, Borage, Burdock, Catnip, Chamomile, Chicory, Comfrey, Dandelion, Fennel, fresh Ginger, Hibiscus, Hops, Jasmine, Kukicha, Lavender, Lemon Balm, Lemon grass, Licorice, Marshmallow, Nettle, Oat Straw, Passion Flower, Peppermint, raspberry, Red Clover, Sarsaparilla, Spearmint, Strawberry, Violet, Wintergreen, Yarrow.

Herbal Teas to Avoid

Ajwan, Basil, Clove, Eucalyptus, Fenugreek, dry Ginger, Ginseng, Hawthorne, Juniper Berry, Mormon tea, Pennyroyal, Red Zinger, Rosehips, Sage, Sassafras, Yerba Mate.

Spices

Fresh Basil, Black Pepper*, Caraway, Cardamom*, Cinnamon, Cumin, Dill, Fennel, Fresh Ginger, Mint, Neem Leaves*, Orange peel, Parsley*, Peppermint, Saffron, Spearmint, Tarragon*, Turmeric, Vanilla*, Wintergreen.

Spices to Avoid

Ajwan, Almond extract, Anise, Asafetida, Basil, Bay leaf, Cayenne, Cloves, Fenugreek, Garlic, Dry Ginger, Mace, Marjoram, Mustard Seeds, Nutmeg, Oregano, Paprika, Pippali, Poppy seeds, Rosemary, Sage, Salt, Savory, Star Anise, Thyme.

Sweeteners

Barley Malt, Fructose, Fruit Juice concentrate, Maple Syrup, Rice Syrup, Sucanat, Turbinado

Sweeteners to Avoid

White Sugar, Honey, Jaggary and Molasses

Food Supplements

Aloe Vera juice, Barley Green, Brewer's yeast, Calcium, Magnesium, Zinc, Spirulina, Blue-Green Algae, Vitamins A, B1, B12, D and K

Avoid

Royal Jelly**, Bee pollen**, Copper, Iron, B2, B6, C, E, P, and Folic Acid