

Kapha Pacifying Diet

**okay in moderation, **okay rarely*

Fruits to favor (astringent)

Apples, applesauce, apricots, berries, cherries, cranberries, figs (dry)*, grapes*, lemons*, limes*, peaches, pears, persimmons, pomegranates, prunes, raisins, strawberries*.

Fruit to avoid (sweet and sour)

Avocado, bananas, coconut, dates, fresh figs, grapefruit, kiwi, mangoes**, melons, oranges, papaya, pineapple, plums, rhubarb, tamarind, watermelon.

Vegetables to favor (pungent and bitter)

Artichokes, asparagus, beet greens, beets, bitter melon, broccoli, brussel sprouts, burdock root, cabbage, carrots, cauliflower, celery, cilantro, corn, daikon radish, dandelion greens, eggplant, fennel, garlic, green beans, green chilies, horseradish, Jerusalem artichoke, kale, kohlrabi, leafy greens, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, peas, peppers sweet and hot, white potatoes, prickly pear, radishes, rutabaga, spaghetti squash*, spinach, sprouts, winter squash, cooked tomatoes, turnip greens, watercress, wheat grass.

Vegetables to avoid (sweet and juicy)

Cucumber, green and black olives, parsnips**, sweet potatoes, pumpkin, summer squash, taro root, raw tomatoes, zucchini.

Grains to favor

Amaranth*, Barley, buckwheat, cold dry or puffed cereal, corn, couscous, crackers, Durham flour, granola, millet, museli, oat bran, dry oats, polenta, Quinoa*, wild and basmati rice*, rye, seitan (wheat meat), spelt, sprouted wheat bread, tapioca, wheat bran.

Grains to avoid

Yeast breads, cooked oats, pancakes, pasta**, rice cakes**, brown rice, wheat

Legumes to favor

Aduki beans, black beans, black-eyed peas, chick peas, red and brown lentils, lima beans, mung beans*, mung dal*, navy beans, dried peas, pinto beans, soy milk, soy sausages, split peas, tempeh, hot tofu, tur dal, white beans.

Legumes to avoid

Kidney beans, soy beans, soy cheese, soy flour, soy powder, soy sauce, cold tofu, Urad dal, miso

Dairy to favor

Buttermilk, cottage cheese from skimmed goat milk, Ghee*, goat cheese*, goat's milk, diluted yogurt

Dairy to avoid

Salted butter, unsalted butter*, Cow's milk, Ice cream, sour cream, plain and frozen yogurt especially with fruit.

Animal foods to favor

White chicken, eggs, freshwater fish, rabbit, shrimp, white turkey, venison

Animal foods to avoid

Beef, buffalo, dark chicken, duck, sea fish, lamb, pork, salmon, sardines, tuna fish, dark turkey

Condiments to favor

Black pepper, chili peppers, spicy mango chutney, coriander leaves, dulse*, hijiki*, horse radish, lemon*, mustard without vinegar, scallions, seaweed* sprouts

Condiments to avoid

Chocolate, sweet mango chutney, kelp, ketchup**, lime, mayonnaise, pickles, salt, soy sauce, tamari, vinegar

Nuts to favor

Charole

Nuts to avoid

All

Seeds to favor

Chia, flax*, popcorn, pumpkin*, sunflower*

Seeds to avoid

Halva, psyllium, sesame, tahini

Oils to favor

Use small amounts of the following internally and externally: Corn, Canola (only by Repunzel), Sesame external only, Ghee, Sunflower and Almond

Oils to avoid

Avocado, apricot, coconut, flax seed**, olive, primrose, safflower, sesame (internal), soy and walnut

Beverages to favor

Dry red or white wine, aloe vera juice, apple cider, apple juice*, Apricot juice, berry juices, spiced black tea, carob, carrot juice, chai, cherry juice, cranberry juice, grain coffee, grape juice, mango juice, peach nectar, pear juice, pineapple juice*, pomegranate

juice, prune, hot spiced soy milk.

Beverages to avoid

Hard alcohol, beer, sweet wines, almond milk, caffeinated beverages**, carbonated drinks, sour cherry juice, chocolate milk, coffee*, cold dairy drinks, iced tea, icy cold drinks, lemonade, miso broth, orange juice, papaya, rice milk, sour juices, cold soy milk, tomato juice, V-8.

Teas to favor

All **except** Licorice, marshmallow, red zinger, rosehip**

Spices to favor

All **except** Salt

Sweeteners to favor

Fruit juice concentrates, raw honey

Sweeteners to avoid

Barley malt, fructose, jaggery, maple syrup, molasses, rice syrup, sucanat, turbinado, white sugar.

Supplements to favor

Aloe vera juice, amino acids, barley green, bee pollen, brewer's yeast, minerals, royal jelly, spirulina, blue-green algae, vitamins B6,C,P, and folic acid.

Supplements to avoid

Sodium and potassium, Vitamins A, B1, B2, B12, C, D, E