

# Kapha Diet Recommendations

## 1. General Guidelines:

- Follow a regular meal schedule with three main meals a day.
- Emphasize light, warm, and stimulating foods.
- Favor pungent, bitter, and astringent tastes over sweet, sour, and salty tastes.
- Use warming spices like ginger, black pepper, cinnamon, and cayenne pepper.
- Stay hydrated by drinking warm water with lemon throughout the day.
- Limit or avoid excessive consumption of heavy and oily foods.

## 2. Grains:

- Choose light and drying grains like millet, quinoa, amaranth, rye, and buckwheat.
- Minimize the consumption of heavy and moist grains like wheat, oats, and white rice.

## 3. Vegetables:

- Focus on light, low-starch vegetables such as leafy greens, broccoli, cauliflower, Brussels sprouts, asparagus, and celery.
- Minimize or avoid excessive consumption of heavy and watery vegetables like potatoes, sweet potatoes, and zucchini.

## 4. Fruits:

- Opt for light and astringent fruits like apples, pears, pomegranates, cherries, cranberries, and pomegranates.
- Limit or avoid sweet and heavy fruits like bananas, mangoes, and melons.

## 5. Dairy and Non-dairy Products:

- Choose low-fat and light dairy products like skim milk, low-fat yogurt, and small amounts of fresh cheese.
- Non-dairy alternatives like almond milk or rice milk can be consumed in moderation.

## 6. Proteins:

- Include lean proteins such as lentils, mung beans, tofu, tempeh, and small amounts of white-meat poultry or fish.
- Reduce or avoid heavy and fatty proteins like red meat, dark-meat poultry, and fried foods.

## 7. Fats and Oils:

- Use small amounts of light and warming fats and oils like ghee (clarified butter), mustard oil, sesame oil, and olive oil.
- Minimize or avoid heavy and cold oils like coconut oil and excess use of oils in cooking.

## 8. Nuts and Seeds:

- Favor light and dry nuts and seeds like almonds, sunflower seeds, pumpkin seeds, and

flaxseeds.

- Limit or avoid consuming heavy and oily nuts like cashews and pistachios.

#### 9. Spices and Herbs:

- Utilize stimulating and warming spices like ginger, black pepper, cayenne pepper, mustard seeds, and cloves.
- Fresh herbs like basil, oregano, thyme, and rosemary can be added to enhance flavor.

#### 10. Beverages:

- Drink warm or hot herbal teas with spices like ginger, cinnamon, or clove.
- Minimize or avoid excessive consumption of cold and sweet beverages.