

Pitta Diet Recommendations

1. General Guidelines:

- Follow a regular meal schedule with three main meals a day.
- Emphasize cooling and refreshing foods.
- Favor sweet, bitter, and astringent tastes over sour, salty, and pungent tastes.
- Use cooling spices like coriander, fennel, mint, and cilantro.
- Stay hydrated by drinking room temperature or cool water throughout the day.
- Limit or avoid caffeine and alcohol.

2. Grains:

- Choose cooling grains such as basmati rice, barley, oats, quinoa, and wheat.
- Minimize the consumption of hot and heating grains like brown rice, cornmeal, and rye.

3. Vegetables:

- Focus on cooling vegetables like cucumber, zucchini, broccoli, cauliflower, leafy greens, asparagus, and sweet potatoes.
- Minimize or avoid excessive consumption of hot and spicy vegetables like chili peppers, raw onions, and tomatoes.

4. Fruits:

- Opt for sweet, juicy, and cooling fruits like melons, grapes, pears, sweet apples, coconut, mangoes, and pomegranates.
- Limit sour and heating fruits like citrus fruits, pineapples, and cranberries.

5. Dairy and Non-dairy Products:

- Choose cooling dairy products like milk, ghee (clarified butter), and fresh, homemade yogurt.
- Non-dairy alternatives like coconut milk or almond milk can be consumed in moderation.

6. Proteins:

- Include cooling proteins such as tofu, lentils, mung beans, and small amounts of white-meat poultry.
- Reduce or avoid hot and heating proteins like beef, lamb, and dark-meat poultry.

7. Fats and Oils:

- Use cooling fats and oils like coconut oil, olive oil, sunflower oil, and avocado oil.
- Minimize the consumption of heating oils like sesame oil and mustard oil.

8. Nuts and Seeds:

- Favor cooling nuts and seeds like coconut, sunflower seeds, pumpkin seeds, and chia seeds.
- Limit or avoid consuming heating nuts like cashews and pistachios.

9. Spices and Herbs:

- Utilize cooling and calming spices like coriander, fennel, turmeric, cardamom, cilantro, and mint.
- Minimize or avoid excessive consumption of heating spices like chili powder, cayenne pepper, and mustard seeds.

10. Beverages:

- Drink cool or room temperature herbal teas like peppermint, chamomile, hibiscus, or rose.
- Limit or avoid excessively hot or stimulating drinks like coffee and strong black tea.