

Food Guidelines For Pitta-Kapha Anti-Inflammatory Anti-Congestive

	NO	MODERATION (Every 4-5 days)	YES
FRUITS	<i>Generally most sour fruits</i> Apples(sour) Apricots(sour) Bananas Berries(sour) Cherries(sour) Grapefruit Grapes(green) Kiwi Oranges(sour) Pineapple(sour) Plums(sour) Rhubarb Tamarind	<i>Generally most sweet fruit</i> Avocado Coconut Cranberries Dates Figs Grapes(red & purple) Lemons Limes Mangoes(ripe) Melons Oranges(sweet) Papaya Peaches Persimmons Pineapple(sweet) Plums(sweet) Strawberries Watermelon	Apples, sweet Applesauce Apricots Berries Cherries Pears Pomegranates Prunes Raisins
VEGETABLES	Olives, green Tomatoes(raw)	<i>Generally most sweet vegetables</i> Beet greens Beets(raw) Burdock root Carrots(raw) Corn Cucumber Daikon radish Eggplant Garlic Green chilies Horseradish Kohlrabi Leeks(raw) Mustard greens Olives(black) Onions(raw) Peppers(hot) Potatoes, sweet Prickly pear(fruit) Pumpkin Radishes(raw) Spaghetti squash Spinach Squash, winter Taro root Tomatoes(cooked) Turnip greens Turnips Watercress	<i>Generally most bitter vegetables</i> Artichoke Asparagus Beets(cooked) Bitter melon Broccoli Brussels sprouts Cabbage Carrots(cooked) Cauliflower Celery Cilantro Dandelion greens Fennel(Anise) Green beans Jerusalem artichoke Kale Leafy greens Leeks(cooked) Lettuce Mushrooms Okra Onions(cooked) Parsley Parsnip Peas Peppers, sweet Potatoes, white Prickly pear(leaves) Radishes(cooked)

	NO	MODERATION (Every 4-5 days)	YES
VEGETABLES		Zucchini	Rutabaga Sprouts(not spicy) Squash, summer Wheat grass sprouts
GRAINS	Bread(with yeast) Rice(brown)	Amaranth Buckwheat Corn Durham flour Millet Muesli Oats(dry/cooked) Pancakes Pasta Polenta Quinoa Rice(basmati, wild) Rice(white) Rice cakes Rye Spelt Wheat	Barley Cereal, dry, cold, or puffed Couscous Crackers Granola Oat bran Sago Seitan (wheat meat) Sprouted wheat bread (Essene) Tapioca Wheat bran
LEGUMES	Miso Soy sauce Urad dal	Mung beans Mung dal Kidney beans Soy beans Soy cheese Soy flour Soy powder Soy sausage Tofu Tur dal	Aduki beans Black beans Black-eyed peas Chick peas(garbanzo beans) Lentils, red & brown Lima beans Navy beans Peas(dried) Pinto beans Soy milk Split peas Tempeh White beans
DAIRY	Butter(salted) Cheese(hard) Sour cream Yogurt(plain, frozen, or with fruit)	Butter(unsalted) Buttermilk Cheese(soft, not aged, & unsalted) Cottage cheese Cow's milk Ghee Goat's cheese(soft, unsalted, & not aged) Goat's milk, skim Ice cream Yogurt (freshly made & diluted)	Cottage cheese(from skimmed goat's milk)

	NO	MODERATION (Every 4-5 days)	YES
ANIMAL FOODS	Beef Chicken(dark) Duck Lamb Pork Salmon Sardines Seafood Tuna fish Turkey(dark)	Buffalo Eggs(with yolk) Shrimp	Chicken(white) Eggs(whites) Fish(freshwater) Rabbit Turkey(white) Venison
CONDIMENTS	Chocolate Gomasio Kelp Ketchup Lime pickle Mango pickle Mayonnaise Mustard(with vinegar) Pickles Salt Soy sauce Vinegar	Black pepper Chili peppers Chutney, mango, spicy Dulse Hijiki Horseradish Kombu Lemon Lime Mustard(without vinegar) Scallions Seaweed Tamari	Coriander leaves Sprouts
NUTS (including butters)	Almonds(with skins) Black Walnuts Brazil nuts Cashews Filberts Hazelnuts Macadamia nuts Peanuts Pecans Pine nuts Pistachios Walnuts	Almonds(soaked and pealed) Coconut	Charole
SEEDS (including butters)	Sesame Tahini	Chia Flax Halva Popcorn(no salt, buttered) Psyllium Pumpkin Sunflower	Popcorn(no salt, butter)
OILS	<i>For internal & external use</i> Apricot Safflower <i>For internal use only:</i> Sesame	<i>For internal & external use</i> <i>Most suitable at top of list</i> Corn Almond Olive Soy Flaxseed Primrose Walnut <i>External use only:</i> Avocado Coconut Sesame	<i>For internal & external use</i> <i>Most suitable at top of list</i> <i>in small amounts:</i> Sunflower Ghee Canola

	NO	MODERATION (Every 4-5 days)	YES
BEVERAGES	Alcohol(hard; sweet wine) Caffeinated beverages Carbonated drinks Cherry juice(sour) Chocolate milk Coffee Grapefruit juice Iced tea Icy cold drinks Lemonade Papaya juice Sour juices Tomato juice V-8 juice <i>Herb teas:</i> Red Zinger Rosehips	Alcohol(beer; red wine, dry white wine) Almond milk Apple cider Apple juice Black tea(spiced) Carrot juice Chai(hot, spiced milk) Cherry juice(sour) Cool dairy drinks Cranberry juice Miso broth Orange juice(sweet) Pineapple Rice milk <i>Herb teas:</i> Ajwan Basil Borage Catnip Chicory Cinnamon Clove Comfrey Eucalyptus Fenugreek Ginger(dry) Ginseng Hawthorn Hops Hyssop Juniper berry Licorice Marshmallow Mormon tea Pennyroyal Sage Sarsaparilla Sassafras Violet Yerba Mate	Aloe vera juice or gel Apricot juice Berry juice(sweet) Carob Cherry juice(sweet) Grain coffee Grape juice Mango juice Mixed vegetable juice Peach nectar Pear juice Pomegranate juice Prune juice Soy milk(hot and well spiced) <i>Herb teas:</i> Alfalfa Bancha Barley Blackberry Burdock Chamomile Chicory Dandelion Fennel Ginger(fresh) Hibiscus Jasmine Kukicha Lavender Lemon balm Lemon grass Nettle Passion flower Peppermint Raspberry Red Clover Spearmint Strawberry Wintergreen Yarrow
SPICES	Salt	Ajwan Allspice Almond extract Anise Asafoetida (Hing) Basil(dry) Bay leaf Black pepper Caraway Cardamom Cayenne Cloves Fennel Fenugreek Garlic	Basil(fresh) Cinnamon Coriander Cumin Dill Ginger(fresh) Mint Peppermint Saffron Spearmint Turmeric Wintergreen

	NO	MODERATION (Every 4-5 days)	YES
SPICES		Ginger(dry) Mace Marjoram Mustard seeds Neem leaves Nutmeg Orange peel Oregano Paprika Parsley Pippli Poppy seeds Rosemary Sage Savory Star anise Tarragon Thyme Vanilla	
SWEETENERS	Jaggary Molasses White sugar	Barley malt Fructose Honey(raw, not processed) Maple syrup Rice syrup Sucanat Turbinado	Fruit juice concentrates
FOOD SUPPLEMENTS	<i>Vitamins: B2, C & E</i>	Amino acids Bee pollen Royal jelly <i>Minerals: Potassium, Copper & Iron</i> <i>Vitamins: A, B1, B6, B12, E, K, Bioflavonoids Folic acid, & D</i>	Aloe vera juice Barley green Brewer's yeast Spirulina Blue-green algae <i>Minerals: Calcium, Magnesium, & Zinc</i>

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