

**Food Guidelines For
Pitta-Vata
Anti-Inflammatory Anti-Degenerative**

	NO	MODERATION (Every three to four days)	YES
FRUITS	<i>Generally most dried fruit</i> Apples(raw) Cranberries Persimmons	<i>Generally most sour fruit</i> Apples(sour) Apricots(sour) Bananas Berries(sour) Cherries(sour) Dates(dry) Figs(dry) Grapes(green) Grapefruit Kiwi Lemons Limes Mangoes(green) Oranges Papaya Peaches Pears Pineapple Plums(sour) Pomegranates Prunes(dry) Raisins(dry) Rhubarb Strawberries Tamarind Watermelon	<i>Generally most sweet fruit</i> Apples (cooked and/or sweet) Applesauce Apricots Avocado Berries(sweet) Cherries(sweet) Coconut Dates(fresh) Figs(fresh) Grapes(red & purple) Mangoes(ripe) Melons Oranges(sweet) Pineapple(sweet) Plums(sweet) Prunes(soaked and dry) Raisins(soaked and dry)
VEGETABLES	<i>Generally frozen, raw, dried, or pungent</i> Beet greens Burdock root Cabbage(raw) Cauliflower(raw) Corn Eggplant Horseradish Kohlrabi Olives, green Onions(raw) Peppers(hot) Prickly pear Radish(raw) Tomatoes Turnips	Artichoke Asparagus Beets(raw) Bitter melon Broccoli Brussel sprouts Cabbage Carrots(raw) Cauliflower(cooked) Celery Daikon radish Dandelion greens Garlic Green chilies Jerusalem artichoke Kale Leafy greens Leeks Lettuce Mushrooms Mustard greens Onions(cooked) Parsley Peas(raw)	<i>Generally sweet, bitter, or cooked</i> Beets(cooked) Carrots(cooked) Cilantro Cucumber Fennel Green beans Leeks(cooked) Okra Olives, black Parsnips Peas(cooked) Potatoes, sweet Pumpkin Rutabaga Squash, summer Taro root Zucchini

	NO	MODERATION (every three to four days)	YES
VEGETABLES		Peppers(sweet) Potatoes, white Radishes(cooked) Spaghetti squash Spinach Sprouts(most spicy) Squash, winter Turnip greens Watercress Wheat grass sprouts	
GRAINS	Bread(with yeast) Buckwheat Cereal, cold, puffed Corn Millet Muesli Oats(dry) Polenta Rye	Amaranth Barley Cereal(dry) Couscous Crackers Granola Oat bran Pasta Rice(brown) Rice cakes Sago Spelt Tapioca Wheat bran	Durham flour Flatbreads(i.e. flour tortilla) Oats(cooked) Pancakes Quinoa Rice(basmati, white, wild) Seitan (wheat meat) Sprouted wheat bread (Essene) Wheat
LEGUMES	Miso	Aduki beans Black beans Black-eyed peas Chick peas (garbanzo beans) Kidney beans Lentils(brown and red) Lima beans Navy beans Peas(dried) Pinto beans Soy beans Soy cheese Soy flour Soy milk Soy powder Soy sauce Soy sausage Split peas Tempeh Tofu Tur dal Urad dal White beans	Mung beans Mung dal
DAIRY	Cow's milk (powdered) Goat's milk (powdered) Yogurt(plain, frozen or w/ fruit)	Butter(salted) Buttermilk Cheese(hard) Ice cream Sour cream Yogurt (freshly made & diluted)	Butter(unsalted) Cheese(soft, not aged, unsalted) Cottage cheese Cow's milk Ghee Goats cheese (soft, unsalted) Goat's milk

	NO	MODERATION (Every three to four days)	YES
ANIMAL FOODS	Lamb Pork	Beef Chicken Duck Eggs Fish(sea) Rabbit Salmon Sardines Seafood Tuna fish Turkey Venison	Buffalo Eggs(whites only) Fish(freshwater) Shrimp
CONDIMENTS	Chocolate Horseradish Salt(excess)	Black pepper Chili peppers Chutney, mango(spicy) Coriander leaves Dulse Gomasio Hijiki Kelp Ketchup Lemon Lime Lime pickles Mango pickles Mayonnaise Mustard Pickles Salt Scallions Seaweed Sprouts Tamari Soy sauce Vinegar	Chutney, mango(sweet)
NUTS		Almonds(with skin) Black Walnuts Brazil nuts Cashews Filberts Hazelnuts Macadamia nuts Peanuts Pecans Pine nuts Pistachios Walnuts	Almonds(soaked and peeled) Carole Coconut
SEEDS		Chia Popcorn(no salt, butter) Psyllium Pumpkin Sesame Tahini	Flax Halva Sunflower

	NO	MODERATION (Every three to four days)	YES
OILS	Corn	<i>For internal use</i> Almond Apricot Flax seed Safflower Sesame Soy Sunflower	<i>For internal & external use:</i> (most suitable at top of list) Ghee Olive <i>For external use only</i> Coconut Avocado
BEVERAGES	Alcohol(hard; red wine) Caffeinated beverages Carbonated drinks Chocolate milk Coffee Cranberry juice Iced tea Icy cold drinks Tomato juice V-8 Juice <i>Herb Teas:</i> Basil Ginseng Mormon tea Red Zinger Yerba Mate	Alcohol(beer, dry white and sweet wine) Apple cider, juice Black tea Carob Carrot juice Chai(hot spiced milk) Cool dairy drinks Grapefruit juice Lemonade Miso broth Mixed vegetable juice Orange juice Papaya juice Pear juice Pineapple juice Pomegranate juice Prune juice Sour juices Soy milk, hot well spiced <i>Herb Teas:</i> Ajwan Alfalfa Barley Blackberry Borage Burdock Catnip Chicory Chrysanthemum Cinnamon Clove Cornsilk Dandelion Elder flower Eucalyptus Fenugreek Ginger(dry) Hawthorne Hibiscus Hops Jasmine Juniper berry Kukicha Lemon Balm Nettle Orange peel	Almond milk Aloe vera juice Apple juice, cider Apricot juice Berry juice(sweet) Cherry juice(sweet) Grain coffee Grape juice Mango juice Miso broth Peach nectar Rice milk Vegetable bouillon <i>Herb Teas:</i> Bancha Chamomile Comfrey Fennel Ginger(fresh) Lavender Lemon grass Licorice Marshmallow Oat straw Peppermint Sarsaparilla Spearmint Wintergreen

	NO	MODERATION (Every three to four days)	YES
		Passion flower Pennyroyal Raspberry Red clover Rosehips Saffron Sage Sassafras Strawberry Violet Yarrow	
SPICES		Ajwan Allspice Almond extract Anise Asafoetida (Hing) Basil(dry) Bay leaf Black pepper Caraway Cardamon Cayenne Cloves Fenugreek Garlic Ginger(dry) Mace Marjoram Mustard seeds Neem leaves Nutmeg Oranges peel Oregano Paprika Parsley Pippli Poppy seeds Rosemary Sage Salt Savory Star Anise Tarragon Thyme Vanilla	Basil(fresh) Cinnamon Coriander Cumin Dill Fennel Ginger(fresh) Mint Peppermint Saffron Spearmint Tumeric Wintergreen
SWEETENERS	White sugar	Honey Jaggary Maple syrup Molasses	Barley malt Fructose Fruit juice concentrates Rice syrup Sucanat Turbinado

SUPPLEMENTS		Amino acids Barley green Bee pollen Brewers yeast <i>Minerals:</i> Copper and Iron Royal jelly <i>Vitamins:</i> B2, B6, C, E, K, P(bioflavonoids) and Folic acid	Aloe vera juice or gel <i>Minerals:</i> Calcium, Magnesium, and Zinc Spirulina Blue-green algae <i>Vitamins:</i> A, B1, B12, and D
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