

### Vata Recommendations for:

<b><u>Fruits</u></b>	cherries, dates, figs, grapefruit, grapes, lemons, limes, mango, papayas, pineapples, prunes, raspberries, strawberries, apples (cooked), apricots, bananas, oranges, peaches, pears, persimmons, plums, pomegranates
<b><u>Vegetables</u></b>	Cooked onions, avocado, beets, carrots, chilies, cilantro, parsley, radish, seaweed, sweet potatoes, artichoke, bell peppers, corn, eggplant, green beans, mustard greens, okra, peas, potatoes, summer squash, tomatoes, turnips, watercress, winter squash
<b><u>Grains</u></b>	Wheat, couscous, oats, basmati and brown rice, amaranth, quinoa
<b><u>Beans</u></b>	Mung, adzuki, tofu
<b><u>Nuts and Seeds</u></b>	Almonds (peeled), pecans, pine nuts, walnuts, brazil nuts, cashews, filberts, macadamia nuts, sesame seeds
<b><u>Dairy</u></b>	Buttermilk, ghee, butter, cottage cheese, cream kefir, whole milk, sour cream, yoghurt, cheese
<b><u>Animal Products</u></b>	Eggs, fish (all), chicken, duck, turkey
<b><u>Oils</u></b>	Ghee, sesame, almond, avocado, butter, olive, coconut, mustard, peanut, sunflower
<b><u>Sweeteners</u></b>	Jaggery, maple syrup, molasses, non refined sugar, fruit sugar, honey
<b><u>Spices</u></b>	Asafetida, cardamom, fennel, garlic, nutmeg, basil, cinnamon, cloves, coriander, cumin, fenugreek, ginger, rock salt, turmeric, black pepper, cayenne, horseradish, mint, mustard, salt
<b><u>Beverages</u></b>	Milk, sour fruit juices, herbal teas, sweet fruit juices, water
<b><u>Vitamins and Minerals</u></b>	Vitamin C, A, D, E, calcium, zinc

### **Pitta Recommendations for:**

<b><u>Fruits</u></b>	Apples, dates, pomegranates, cranberries, figs, grapes, melons, pears, persimmons, pineapples, prunes, mango, oranges, plums, raspberries
<b><u>Vegetables</u></b>	Cauliflower, cilantro, sunflower sprouts, alfalfa sprouts, celery, asparagus, broccoli, Brussels sprouts, cabbage, cucumber, green beans, lettuce, mushrooms, okra, peas, bell peppers, corn, parsley, potatoes, raw vegetables, summer squash, winter squash
<b><u>Grains</u></b>	Wheat, barley, granola, couscous, oats, basmati rice, blue corn, millet, brown and long grain rice
<b><u>Beans</u></b>	Adzuki, mung, lima, tofu, chickpeas, kidney, pinto, soy, split peas
<b><u>Nuts and Seeds</u></b>	Coconut, sunflower seeds
<b><u>Dairy</u></b>	Cream, ghee, whole milk, unsalted butter, unsalted cheese, cottage cheese
<b><u>Animal Products</u></b>	Light meat from chicken and turkey
<b><u>Oils</u></b>	Ghee, butter, coconut, soy, sunflower
<b><u>Sweeteners</u></b>	Fruit sugar, maple sugar, maple syrup, non-refined sugar, fresh honey
<b><u>Spices</u></b>	Coriander, cilantro, fennel, cardamom, cumin, mint, turmeric
<b><u>Beverages</u></b>	Water, whole milk, herbal teas, sweet fruit juices, black or green tea
<b><u>Vitamins and Minerals</u></b>	B complex, vitamin K, calcium, iron, zinc

### **Kapha Recommendations for:**

<b><u>Fruits</u></b>	Apples, cranberries, dried fruit, pomegranate
<b><u>Vegetables</u></b>	Broccoli, cabbage, celery, alfalfa sprouts, asparagus, beets, brussel sprouts, carrots chard, chilies, cilantro, green beans, lettuce, mushrooms, mustard greens, onions, peas, radish, sunflower sprouts, turnips, watercress, bell peppers, cauliflower, parsley, potatoes, spinach
<b><u>Grains</u></b>	Barley, granola, rye, amaranth, buckwheat, corn, millet, quinoa
<b><u>Beans</u></b>	Adzuki, dal, lentils, lima, soy, kidney, mung, pinto, split peas, tofu
<b><u>Nuts and Seeds</u></b>	Pumpkin seeds, sunflower seeds
<b><u>Dairy</u></b>	Buttermilk, soy, goats milk
<b><u>Animal Products</u></b>	Chicken, turkey
<b><u>Oils</u></b>	Mustard, safflower, sunflower, corn
<b><u>Sweeteners</u></b>	Honey
<b><u>Spices</u></b>	Black pepper, cardamom, cayenne, cloves, garlic, ginger, horseradish, mustard, turmeric, asafetida, basil, cilantro, cinnamon, coriander, cumin, fenugreek, parsley, fennel, mint, nutmeg
<b><u>Beverages</u></b>	Herbal teas, black or green tea, warm water
<b><u>Vitamins and Minerals</u></b>	B complex