

Tridoshic and Almost Tridoshic Foods:

Fruits:

- blueberries (slightly Kapha)
- raisins (soak for 1 hour or more)
- pomegranate

Vegetables:

- artichokes (slightly Vata)
- asparagus (slightly Vata)
- carrots (slightly Pitta)
- cilantro
- corn (slightly Pitta and Vata)
- parsley (slightly Pitta)
- seaweed (slightly Vata) but considered more tamasic than sattvic

Grains:

- basmati rice

Meats:

- goat

Fats:

- ghee (slightly Kapha)

Sweeteners:

- honey (slightly Pitta)

Beverages:

- water at room temperature

Other:

- carob
- basil (slightly Pitta)
- cinnamon (slightly Pitta)
- coriander
- white cumin (slightly Pitta)
- fennel
- peppermint
- rosemary (slightly Pitta)
- saffron
- spearmint
- turmeric