

Ayurvedic food guide

FOR YOUR DOSHA

Ayurveda is a 5,000-year-old medical philosophy and practice, evolved from the idea that we all are made up of different types of energy or doshas: Vata, Pitta, and Kapha.

To stay balanced and healthy, it is essential that we learn how to eat for our body type and choose foods that are energetically suitable for our constitution.

This Ayurvedic Food List intends to make this goal easier for you. The PDF document, curated by dosha, outlines the general list of foods you should favor or limit.

Please note I use the word “limit” rather than “avoid”. I believe that in order to create a balanced lifestyle, we should not take a restrictive eating approach as this can lead to increased cravings and disinhibition, overeating, and binge-eating.

Instead, I invite you to download this PDF. Have it handy as it can support you in taking intuitive decisions.

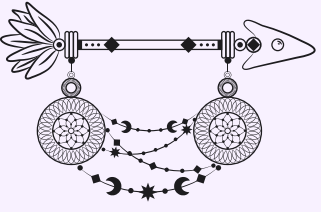
However, I want you to first listen to your body.

Choosing foods full of Prana is also key. This can be achieved by consuming fresh, organic, and wholesome foods.

And by cooking more at home, with care and love.

Monica xx

Vata



Favor these foods:

Vegetables

Asparagus, Black Olives, Beets, Cabbage, Carrots, Cilantro, Cucumber, Fennel, Garlic, Green Beans, Green Chilies, Leafy Greens, Leeks, Okra, Onion, Parsnip, Peas, Sweet Potatoes, Pumpkin, Spinach, Summer Squash, Watercress, Zucchini.

Fruits

Apples (cooked, too drying if eaten raw), Applesauce, Apricots, Avocado, Bananas, Berries, Cherries, Coconut, Dates (fresh), Figs (fresh), Grapefruit, Grapes, Kiwi, Lemons, Limes, Mangoes, Melons, Oranges, Papaya, Peaches, Pineapple, Plums, Prunes (soaked), Raisins (soaked), Strawberries.

Grains

Oats (cooked), Quinoa, Rice (all kinds), Seitan, Sprouted Wheat Bread, Wheat

Legumes

Red Lentils, Mung Beans, Mung Dal, Soy products, Tur Dal, Urad Dal.

Nuts + seeds

Almonds, Black Walnuts, Brazilian Nuts, Cashews, Coconut, Hazelnuts, Macadamia Nuts, Peanuts, Pecans, Pine Nuts, Pistachios, Walnuts, Chia Seeds, Flax Seeds, Pumpkin Seeds, Sesame Seeds, Sunflower Seeds, Tahini.

Spices + Condiments

Black Pepper, Chilly Peppers, Lemon, Lime, Pickles, Salt, Scallions, Seaweed, Soy Sauce, Tamari, Vinegar, Anise, Asafoetida, Basil, Bay Leaf, Caraway, Cardamom, Cayenne, Cinnamon, Cloves, Coriander, Cumin, Dill, Fennel, Fenugreek, Garlic, Ginger, Mint, Mustard Seeds, Nutmeg, Oregano, Paprika, Parsley, Peppermint, Rosemary, Saffron, Tarragon, Thyme, Turmeric, Vanilla, Wintergreen.

Oils

Sesame, Ghee, Olive, most other oils

Vata

 **Limit** these foods:

Vegetables

Frozen, raw or dried vegetables. Artichoke, Bitter Melon, Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Celery, Dandelion Greens, Eggplant, Kale, Mushrooms, Green Olives, Onions (raw), Peas, Sweet and Hot Peppers, White Potatoes, Radish (raw), Winter Squash, Turnips.

Fruits

Dried fruit in general, Raw Apples, Cranberries, Dates (dry), Figs (dry), Pears, Pomegranates, Prunes (dry), Raisins (dry), Watermelon.

Grains

Barley, Bread, Buckwheat, Corn, Couscous, Crackers, Granola, Millet, Muesli, Oat Bran, Pasta, Polenta, Rye, Tapioca, Wheat Bran

Nuts and seeds

Popcorn, Psyllium

Legumes

Aduki Beans, Black Beans, Black Eyed Peas, Chick Peas, Kidney Beans, Brown Lentils, Lima Beans, Navy Beans, Pinto Beans, Soy Beans, Soy Flour, Split Peas, Tempeh, White Beans.

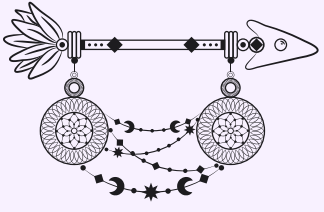
Spices + Condiments

Chocolate, Horseradish.

Oils

Flax seed, Coconut oil, Avocado oil.

Pitta



Favor these foods:

Vegetables

Artichoke, Asparagus, Beets, Bitter Melon, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Cilantro, Cucumber, Dandelion Greens, Fennel, Kale, Leafy Greens, Okra, Parsnip, Peas, Sweet Peppers, Sweet and White Potatoes, Pumpkin, Radish, Squash (most types), Sprouts, Taro Root, Wheatgrass Sprouts, Zucchini.

Fruits

Apples, Applesauce, Apricots, Avocado, Berries, Cherries, Coconut, Dates, Figs, Grapes, Limes, Mangoes, Melons, Oranges, Papaya, Pears, Peaches, Pineapple, Plums, Pomegranates, Prunes, Raisins, Strawberries, Watermelon.

Favor sweet and ripe fruits

Grains

Amaranth, Barley, Couscous, Crackers, Granola, Oat Bran, Oats, Pancakes, Pasta, Quinoa, Rice, Rice Cakes, Seitan, Sprouted Wheat Bread, Tapioca, Wheat, Wheat Bran.

Legumes

Most legumes

Nuts + seeds

Almonds (soaked and peeled), Coconut, Flax Seeds, Popcorn, Psyllium, Pumpkin Seeds, Sunflower Seeds.

Spices + Condiments

Black Pepper (okay sometimes), Coriander Leaves, Kombu (okay sometimes), Lime (okay sometimes), Sprouts, Salt (in moderation), Seaweed (okay sometimes), Tamari (okay sometimes), Cardamom, Coriander, Cilantro, Cumin, Dill, Fennel, Ginger (fresh), Mint, Parsley (okay sometimes), Peppermint, Tarragon (okay sometimes), Turmeric, Vanilla, Rose Petals, Rose Water, Lavender Seeds, Wintergreen.

Oils

Sunflower Oil, Ghee, Olive Oil, Flax Seed Oil, Coconut Oil, Avocado oil.

Pitta

 **Limit** these foods:

Vegetables

Beets, Corn (fresh), Daikon Radish, Eggplant, Garlic, Green Chilies, Olives, Horseradish, Leeks, Mustard Greens, Onion, Peppers, Radishes.

Fruits

Apples (sour), Apricots (sour), Bananas, Berries (sour), Cherries (sour), Cranberries, Grapefruit, Grapes (green), Kiwi, Lemons, Mangoes (green), Oranges (sour), Peaches, Persimmons, Pineapple (sour), Plums (sour), Tamarind.

Grains

Brown Rice, Corn, Millet, Polenta.

Nuts and seeds

Almonds (with skin), Black Walnuts, Brazilian Nuts, Cashews, Hazelnuts, Macadamia Nuts, Peanuts, Pecans, Pine Nuts, Pistachios, Walnuts, Chia, Sesame, Tahini.

Legumes

Miso
Soy Sauce
Tur Dal
Urad Dal

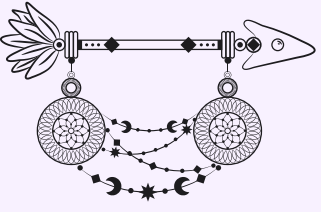
Spices + Condiments

Chilly Peppers, Chocolate, Horseradish, Kelp, Mustard, Lemon, Pickles, Scallions, Soy Sauce, Vinegar. Anise, Asafoetida, Basil (dry), Bay Leaf, Cayenne, Cloves, Fenugreek, Garlic, Ginger (dry), Nutmeg, Oregano, Paprika, Rosemary, Sage, Thyme.

Oils

Almond Oil, Sesame Oil.

Kapha



Favor these foods:

Vegetables

Artichoke, Asparagus, Beets, Bitter Melon, Broccoli, Brussels Sprouts, Cabbage Carrots, Cauliflower, Celery, Cilantro, Corn, Daikon Radish, Dandelion Greens, Eggplant, Fennel, Garlic, Green Chilies, Horseradish, Kale, Leafy Greens, Leeks, Mustard Greens, Okra, Onion, Parsley, Peas, Peppers, Radishes, Squash, Spinach, Sprouts, Turnips, Watercress, Wheatgrass.

Fruits

Apples, Applesauce, Apricots, Berries, Cherries, Cranberries, Figs (dry), Grapes, Lemons, Limes, Peaches, Pears, Persimmons, Pomegranates, Prunes, Raisins, Strawberries.

Favor astringent and tart fruits

Grains

Amaranth, Barley, Buckwheat, Corn, Couscous, Crackers, Granola, Millet, Muesli, Oat Bran, Oats, Polenta, Quinoa, Rice, Rye, Seitan, Spelt Sprouted Wheat Bread, Tapioca, Wheat Bran.

Legumes

Most legumes

Nuts + seeds

Chia Seeds, Flax Seeds, Popcorn, Pumpkin Seeds, Sunflower Seeds.

***Try to avoid nuts.*

Spices + Condiments

Anise, Asafoetida, Basil, Bay Leaf, Black Pepper, Cayenne, Cardamom, Chocolate, Cloves, Coriander Leaves, Cumin, Dill, Fennel, Fenugreek, Garlic, Ginger, Horseradish, Kombu, Kelp, Lemon, Lime, Mint, Mustard, Nutmeg, Oregano, Rosemary Paprika Sprouts, Parsley, Peppers, Peppermint, Pickles, Salt (in moderation), Seaweed, Soy Sauce, Scallions, Sage, Soy Sauce, Tamari, Tarragon, Thyme, Turmeric, Vanilla, Vinegar, Wintergreen.

Oils

Almond Oil, Sesame Oil (external use only), Sunflower Oil, and Ghee.

Kapha

 **Limit** these foods:

Vegetables

Cucumber, Olives, Parsnips,
Sweet Potatoes, Summer
Squash, Taro Root, Tomatoes
(raw), Yellow Squash,
Zucchini.

Fruits

Avocado, Bananas, Coconut,
Dates, Figs (fresh), Grapefruit,
Kiwi, Mangoes, Melons,
Oranges, Papaya, Pineapple,
Plums, Tamarind,
Watermelon.

Grains

Pancakes, Pasta, Rice (in
excess), Wheat.

Nuts and seeds

Almonds, Black Walnuts, Brazilian
Nuts, Cashews, Coconut, Hazelnuts,
Macadamia Nuts, Peanuts, Pecans,
Pine Nuts, Pistachios, Walnuts,
Psyllium, Sesame Seeds, Tahini.

Legumes

Kidney Beans
Miso
Urad Dal

Spices + Condiments

Salt in moderation.

Oils

Avocado Oil, Coconut Oil, Flax Seed Oil, Olive Oil,
Sesame Oil, Almond Oil, and Walnut Oil.