KAPHA PACIFYING DIETETICS (Correct food to reduce Kapha Dosha):

“Food is Medicine and Medicine is Food”

The primary consideration in Ayurveda when selecting food and herbs is in recognising taste. There are six tastes; three of which reduce a Dosha, and three of which increase that same Dosha. Tastes that increase Kapha are sweet, salty, and sour. Tastes that reduce Kapha are pungent, astringent, and bitter. Eat herbs and food that contain more of these three tastes. Food items on the list below have been pre-selected with this primary consideration in mind. Please make sure you select food items from the list. What is not on the list you should avoid eating.

Ideal cooking styles for Kapha people include Indian (spicy, avoid creamy dishes and breads), and Chinese (spicy) or Western dishes cooked with more spices and less oil. Thai dishes can be suitable but avoid adding oil, sugar, and salt (fish sauce), eat with less rice and more vegetables.

Kapha people should take food that is light, dry, and warm. Water should be taken hot and in reduced amounts. Kaphas must reduce sweet foods (including rice, noodles, and bread), and use only minimal amounts of oil or butter. Meals should not be consumed when emotionally unstable or lazy. Remember the golden rules in regard to food; eat only when hungry; eat small meals; eat your last meal at least four hours before bedtime; and eat food chosen from the food list. If you are hungry before bed then take suitable fruits only.

<table>
<thead>
<tr>
<th>FRUITS</th>
<th>VEGETABLES</th>
<th>VEGETABLES cont.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td>Artichoke</td>
<td>Okra</td>
</tr>
<tr>
<td>Applesauce</td>
<td>Asparagus</td>
<td>Onions</td>
</tr>
<tr>
<td>Apricots</td>
<td>Beet Greens</td>
<td>Parsley</td>
</tr>
<tr>
<td>Berries</td>
<td>Bitter Melon</td>
<td>Peas</td>
</tr>
<tr>
<td>Cherries</td>
<td>Broccoli</td>
<td>Peppers, Sweat &amp; Hot</td>
</tr>
<tr>
<td>Cranberries</td>
<td>Brussels Sprouts</td>
<td>Prickly Pears</td>
</tr>
<tr>
<td>Figs (Dry)*</td>
<td>Cabbage</td>
<td>Radishes</td>
</tr>
<tr>
<td>Grapes*</td>
<td>Carrots</td>
<td>Rutabaga</td>
</tr>
<tr>
<td>Guava</td>
<td>Cauliflower</td>
<td>Spinach Sprouts</td>
</tr>
<tr>
<td>Jackfruit* (seasonal)</td>
<td>Celery</td>
<td>Tomatoes (yellowish and cooked)</td>
</tr>
<tr>
<td>Lemons*</td>
<td>Cilantro (Coriander)</td>
<td>Turnip Greens</td>
</tr>
<tr>
<td>Limes*</td>
<td>Corn</td>
<td>Watercress</td>
</tr>
<tr>
<td>Longan* (seasonal)</td>
<td>Dandelion Greens</td>
<td>Wheatgrass Sprouts</td>
</tr>
<tr>
<td>Lychees*</td>
<td>Eggplant</td>
<td><strong>DAIRY</strong></td>
</tr>
<tr>
<td>Peaches</td>
<td>Fennel (anise)</td>
<td>No Dairy except Ghee and Goat milk</td>
</tr>
<tr>
<td>Pears</td>
<td>Garlic</td>
<td>Buttermilk*</td>
</tr>
<tr>
<td>Persimmons</td>
<td>Green Beans</td>
<td>Cottage Cheese (Skimmed Or Goats Milk)</td>
</tr>
<tr>
<td>Pomegranates</td>
<td>Green Chillies</td>
<td>Ghee*</td>
</tr>
<tr>
<td>Prunes</td>
<td>Jerusalem Artichoke</td>
<td>Goats Cheese (unsalted &amp; Not Aged)*</td>
</tr>
<tr>
<td>Raisins</td>
<td>Kale</td>
<td>Goats Milk</td>
</tr>
<tr>
<td>Rambutan* (seasonal)</td>
<td>Leafy Greens</td>
<td>Yoghurt (Goat milk)</td>
</tr>
<tr>
<td>Strawberries*</td>
<td>Leeks</td>
<td></td>
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<tr>
<td></td>
<td>Lettuce</td>
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<tr>
<td></td>
<td>Mushrooms</td>
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</tbody>
</table>
**GRAINS**  
*Avoid wheat and rice (except basmati)*  
- Amaranth*
- Barley
- Buckwheat
- Corn
- Couscous
- Durham Flour
- Granola
- Millet
- Muesli
- Oat Bran
- Oats (dry)
- Polenta
- Quinoa*
- Rice (Basmati, Wild)*
- Rye
- Sago
- Sprouted Wheat Bread (essene)
- Wheat Bran

**LEGUMES**  
*Most legumes are good*  
- Adzuki Beans
- Black Beans
- Black-eyed Peas
- Garbanzo Beans (Chick Peas)
- Lentils (Red & Brown)
- Lima Beans
- Mung Beans/Dhal
- Tur Dhal
- Peas (Dried)
- Pinto Beans
- Soy Sausages
- White Bean

**ANIMAL FOOD**  
- Chicken (White)
- Eggs
- Fish (Freshwater)
- Rabbit
- Shrimps
- Turkey (White)
- Venison

**NUITS**  
*Avoid nuts*

**SEEDS**  
- Chia
- Flax*
- Popcorn (no Salt Or Butter)
- Pumpkin
- Sunflower

**SWEETENERS**  
- Honey (Raw & Not Processed)

**OILS**  
*Use all oils very sparingly*
- Almond
- Canola
- Corn
- Ghee
- Mustard Seed
- Olive
- Safflower
- Sesame
- Sunflower

**SPICES**  
*All Spices Are Good*
- Ajwan
- Allspice
- Almond Extract
- Anise
- Asafoetida
- Basil
- Bay Leaf
- Black Pepper
- Caraway
- Cardamom
- Cayenne
- Cloves
- Cinnamon
- Coriander
- Cumin
- Curry Leaves
- Dill
- Fenugreek
- Garlic
- Ginger
- Mace
- Marjoram
- Mint
- Mustard Seeds
- Neem Leaves
- Nutmeg
- Orange Peel
- Oregano
- Paprika
- Parsley
- Peppermint
- Pippali
- Poppy Seeds
- Rosemary
- Saffron
- Sage
- Savory
- Spearmint
- Star Anise
- Tarragon
- Thyme
- Turmeric
- Wintergreen
<table>
<thead>
<tr>
<th>CONDIMENTS</th>
<th>BEVERAGES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Avoid salt (use sparingly for seasoning)</td>
<td>Avoid iced and cold drinks. Take water warm or hot and don’t take too much (unless perspiring a lot or your urine becomes dark). Take most of your fluid as plain water only.</td>
</tr>
<tr>
<td>Black Pepper</td>
<td>Black tea*</td>
</tr>
<tr>
<td>Chilly Pepper</td>
<td>Filter coffee*</td>
</tr>
<tr>
<td>Chutney, Mango (Spicy)</td>
<td>Ginger tea*</td>
</tr>
<tr>
<td>Coriander Leaves</td>
<td>Green tea*</td>
</tr>
<tr>
<td>Horseradish</td>
<td></td>
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<tr>
<td>Mustard (Without Vinegar)</td>
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<tr>
<td>Scallions</td>
<td></td>
</tr>
</tbody>
</table>

* Food items marked with an asterix should be taken occasionally or not at all