



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.

FRUITS <i>Generally most astringent or dry fruits</i>	VEGETABLES <i>In General Most Pungent & Bitter Vegetables</i>	VEGETABLES cont. <i>In General Most Pungent & Bitter Vegetables</i>
Apples Applesauce Apricots Berries Cherries Cranberries Figs (Dry)* Grapes* Guava Jackfruit* (seasonal) Lemons* Limes* Longan* (seasonal) Lychees* Peaches Pears Persimmons Pomegranates Prunes Raisins Rambutan* (seasonal) Strawberries*	Artichoke Asparagus Beet Greens Bitter Melon Broccoli Brussels Sprouts Cabbage Carrots Cauliflower Celery Cilantro (Coriander) Corn Dandelion Greens Eggplant Fennel (anise) Garlic Green Beans Green Chillies Jerusalem Artichoke Kale Leafy Greens Leeks Lettuce Mushrooms	Okra Onions Parsley Peas Peppers, Sweet & Hot Prickly Pears Radishes Rutabaga Spinach Sprouts Tomatoes (yellowish and cooked) Turnip Greens Watercress Wheatgrass Sprouts <u>DAIRY</u> <i>No Dairy except Ghee and Goat milk</i> Buttermilk* Cottage Cheese (Skimmed Or Goats Milk) Ghee* Goats Cheese (unsalted & Not Aged)* Goats Milk Yoghurt (Goat milk)



<p><u>GRAINS</u> <i>Avoid wheat and rice (except basmati)</i></p> <p>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</p> <p><u>LEGUMES</u> <i>Most legumes are good</i></p> <p>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</p>	<p><u>ANIMAL FOOD</u></p> <p>Chicken (White) Eggs Fish (Freshwater) Rabbit Shrimps Turkey (White) Venison</p> <p><u>NUTS</u> <i>Avoid nuts</i></p> <p><u>SEEDS</u></p> <p>Chia Flax* Popcorn (no Salt Or Butter) Pumpkin Sunflower</p> <p><u>SWEETENERS</u></p> <p>Honey (Raw & Not Processed)</p> <p><u>OILS</u> <i>Use all oils <u>very sparingly</u></i></p> <p>Almond Canola Corn Ghee Mustard Seed Olive Safflower Sesame Sunflower</p>	<p><u>SPICES</u> <i>*All Spices Are Good</i></p> <p>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</p>
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<p><u>CONDIMENTS</u> <i>Avoid salt (use sparingly for seasoning)</i></p> <p>Black Pepper Chilly Pepper Chutney, Mango (Spicy) Coriander Leaves Horseradish Mustard (Without Vinegar) Scallions</p>	<p><u>BEVERAGES</u> <i>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.</i></p> <p>Black tea* Filter coffee* Ginger tea* Green tea*</p>
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* Food items marked with an asterix should be taken occasionally or not at all