



PITTA PACIFYING DIETETICS (Correct food to reduce Pitta 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 *Pitta* are pungent (spicy and oily), salty, and sour. The tastes that reduce *Pitta* are bitter, sweet, and astringent. 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 *Pitta* people include Western, Indian (mild), and Chinese (mild). Take more cool and raw foods in hot weather and stick to a mainly vegetarian diet. Warm food is suitable in cold weather. Avoid alcohol and red meat, also fried and fast foods. Cooling spices are good. Garlic is to be avoided.

Pitta people should take food that is not too hot in temperature or cooked with too much oil, salt, or hot spices. Meals should not be consumed when angry, irritable or upset. Moderation in all things is important.

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 sweet fruits, avoid sour</i>	VEGETABLES <i>In general sweet and bitter vegetables</i>	VEGETABLES <i>continued</i> <i>In general sweet and bitter vegetables</i>
Apples (sweet) Applesauce Apricots (sweet) Avocado* Berries (sweet) Cherries (sweet) Coconut Dates Durian* (in season in small amounts) Figs Grapes (red and purple) Guava* Longan* (seasonal) Lychees* Mangoes (ripe) Melons Papaya* (sweet) Oranges (sweet) Pears Persimmon* Pineapple* (sweet) Plums (sweet) Pomegranate* Prunes Quince (sweet) Raisins Rambutan (seasonal) Watermelon	Acorn squash Artichoke Asparagus Beets (cooked) Bell pepper Bitter melon Broccoli Brussels sprouts Burdock root Butternut squash Cabbage Carrots (cooked) Cauliflower Celery Cilantro/Coriander Corn (fresh) Cucumber Dandelion greens Fennel (anise) Green beans Jerusalem artichoke Kale Leafy greens Leeks (cooked) Lettuce Mushrooms Okra Olives, black	Onions (cooked and sweet) Parsley Parsnips Peas Peppers (green) Peppers, sweet Potatoes, sweet and white* Prickly pear (leaves) Pumpkin Radishes (cooked) Rutabaga Spaghetti squash Sprouts (not spicy) Squash, winter and summer Taro root Wheatgrass sprouts Watercress Zucchini



<p>GRAINS Amaranth Barley Couscous Durham flour Granola Oat bran Oats (Cooked) Rice (basmati, white, wild) Rice cakes Sago Seitan (wheat meat) Spelt Sprouted wheat bread (essene) Tapioca Wheat Wheat bran</p> <p>DAIRY Butter (unsalted) Cheese (soft, not aged, unsalted) Cottage cheese Cow's milk Goat's cheese (soft, unsalted) Ice cream Yoghurt (freshly made and diluted) Goat Milk</p> <p>LEGUMES <i>Reduce lentils</i></p> <p>Adzuki beans Black beans Black-eyed peas Chickpeas (garbanzo beans) Kidney beans Lima beans Mung dal (split with skin removed) Navy beans Peas (dried) Pinto beans Soybeans Soy cheese Soy milk Split peas Tempeh Tofu White beans</p>	<p>ANIMAL FOODS Chicken (white) Eggs (albumen or white only) Fish (freshwater) Rabbit Shrimp Turkey (white) Venison</p> <p>NUTS Almonds (soaked and peeled) Charole Coconut</p> <p>SEEDS Flax Popcorn (no salt, buttered) Psyllium Pumpkin Sunflower</p> <p>OILS Canola Coconut Flaxseed Ghee Olive Primrose Sunflower Soy Walnut</p>	<p>BEVERAGES Almond milk drink Aloe vera juice Apple juice Apricot juice Berry juice (sweet not sour) Black tea Carob Cherry juice (sweet) Cool dairy drinks Grape juice Mango juice Mixed vegetable juice Peach nectar Pear juice Pomegranate juice Prune juice Rice milk Soy milk Vegetable bouillon</p> <p>HERBAL TEAS Alfalfa Barley Blackberry Borage Burdock Catnip Chamomile Chicory Comfrey Dandelion Fennel Ginger (fresh and young) Green Tea Hibiscus Hops Jasmine Lavender Lemon balm Lemon grass Licorice Marshmallow Nettle Oat straw Passion flower Peppermint Raspberry Red clover Sarsaparilla Spearmint Strawberry Violet Wintergreen Yarrow</p>
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<p>SPICES <i>Cooling spices are good</i></p> <p>Basil (fresh) Cardamom Cinnamon Coriander Cumin Curry leaves Dill Fennel Ginger (fresh and young) Mint (all mints) Parsley Saffron Turmeric Wintergreen</p>	<p>SWEETENERS <i>Use honey (raw and young) only in moderation</i></p> <p>Barley Malt Syrup Brown Rice Syrup Maple Syrup Fruit Juice Concentrates Whole Cane Sugar* Sugar Cane Juice</p>	
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* Food items marked with an asterix should be taken occasionally or not at all