



VATA PACIFYING DIETETICS (Correct food to reduce Vata 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 Vata are astringent, bitter, and pungent. Tastes that reduce Vata are sweet, sour, and salty. 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 Vata people include Western, Indian (mild), Chinese (Mild), Italian pastas etc. Warm soups and stews are particularly supportive. Limit or avoid eating raw foods particularly vegetables of the cabbage family.

Vata people should take food that is warm, moderately heavy, moist, soothing, and nourishing. Meals should not be consumed when anxious, stressed, or depressed. 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.** Food should be tasty and enjoyable, eaten without rushing, and in pleasant and comfortable surroundings. If you are hungry before bed then take suitable fruits only.

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| <p>FRUITS <i>Generally most sweet fruits</i></p> <p>Apples Applesauce Apricots Avocados Bananas Berries Cherries Coconut Dates (fresh) Durian* (seasonal) Figs (fresh) Grapefruit Grapes Guava* Kiwifruit Lemons Limes Longan* (seasonal) Lychees* Mangoes Melons (sweet) Oranges Papaya Peaches Pineapple Plums Prunes (cooked) Raisins (soaked) Rambutan (seasonal) Rhubarb Strawberries</p> | <p>VEGETABLES <i>In general vegetables should be cooked</i></p> <p>Asparagus Beets Cabbage (cooked)* Carrots Cauliflower* Cilantro/Coriander Cucumber Daikon radish* Fennel (anise) Garlic Green beans Green chillies Jerusalem artichoke* Leafy greens* Leeks Lettuce* Mustard greens* Okra Olives (black) Onions (cooked)* Parsley* Parsnip Peas (cooked) Potatoes (sweet) Pumpkin Radishes (cooked)* Rutabaga Spaghetti squash Spinach (cooked)* Sprouts* Squash summer and winter</p> | <p>VEGETABLES <i>continued</i> <i>In general vegetables should be cooked</i></p> <p>Taro root* Turnip greens* Watercress Zucchini</p> <p>GRAINS and LEGUMES <i>Legumes in moderation</i></p> <p>Aduki Beans Amaranth Durham flour Lentils* (red) Millet * Mung dal (split and skinless) Oats (cooked) Pancakes Quinoa Rice (all kinds) Seitan (wheat meat) Soya cheese* Soya milk* Soya sausage* Sprouted wheat bread Tofu* Urud dal (Black-eyed Lentils) Wheat</p> |
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| <p>DAIRY</p> <p>Butter Buttermilk Cheese (hard)* Cheese (soft) Cottage cheese Cows milk Ghee Goats cheese Goats milk Sour cream * Yoghurt (diluted and spiced)*</p> <p>ANIMAL FOOD</p> <p>Chicken (dark) Chicken (white)* Duck Eggs Fish - freshwater or sea Lamb (as broth) Salmon Sardines Seafood Shrimps Tunafish Turkey (dark)</p> <p>NUTS <i>In moderation</i></p> <p>Almonds Black walnuts Brazil nuts Cashews Charole Coconut Filberts Hazelnuts Macadamia nuts Peanuts Pecans Pine nuts Pistachios Walnuts</p> | <p>CONDIMENTS</p> <p>Black pepper Chutney (mango) - sweet or spicy Chilli peppers* Coriander leaves Ketchup (tomato sauce) Lemon Lime Lime pickle Mango pickle Mayonnaise Mustard Pickles Salt Scallions Seaweed Soy sauce Vinegar</p> <p>SEEDS</p> <p>Chia Flax Pumpkin Sesame Sunflower</p> <p>OILS <i>Choose cold pressed oils</i></p> <p>Sesame Ghee Olive Coconut Avocado Castor Sunflower</p> | <p>BEVERAGES <i>all fruit juices to be freshly made</i></p> <p>Almond milk Aloe vera juice Apricot juice Berry juice (except cranberry) Carob* Carrot juice Chai (hot spiced milk) Grain coffee Grape juice Grapefruit juice Lemonade (freshly made) Mango juice Miso broth Orange juice Papaya juice Peach nectar Pineapple juice Rice milk Soya milk (hot and well spiced)</p> <p>HERB TEAS</p> <p>Ajwan Catnip Chamomile Chicory Chrysanthemum Clove Comfrey Elder flower Eucalyptus Fennel Fenugreek Ginger (fresh) Green Tea* Hawthorn Juniper berry Lavender Lemongrass Licorice Marshmallow Oat straw Orange peel Peppermint Raspberry * Rosehips Saffron Sage Sarsaparilla Spearmint Strawberry* Wintergreen*</p> |
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| SPICES | SWEETENERS | |
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| Ajwan Allspice Almond extract Anise Basil Bay leaf Black pepper Cardamom Cayenne* Cinnamon Cloves Coriander Cumin Curry leaves Dill Fennel Fenugreek* Garlic Ginger Mace Marjoram Mint Mustard seed Nutmeg Orange peel Oregano Paprika Parsley Peppermint Pippali (long pepper) Poppy seeds Rosemary Saffron Salt Savory Spearmint Star anise Tarragon Thyme Turmeric Vanilla Wintergreen | Barley malt Cane Sugar (raw or unrefined) Fruit juice concentrates Honey - raw and unprocessed Molasses | |

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