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| Food Guidelines for Basic constitutional Types   * Ayurvedic Diet * pH miracle Diet * Incompatible Food Combinations (Ayurveda)   Ayurvedic vegetarian diet chart:     |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **\* ok in mod**  **\*\* ok occassionally** | **VATA** | | **PITTA** | | KAPHA | | |  | **AVOID** | **FAVOR** | **AVOID** | **FAVOR** | **AVOID** | **FAVOR** | | **FRUITS** | Dried  Apples raw  Pears  Prunes dry  Raisins dry\*  watermelon | Sweet fruit  Bananas  Berries  Cherries  Grape fruit  Grapes  Lemons  Limes  Melons sweet  Oranges  Peaches  Pine apple  Plums  Prunes soaked\*  Raisins soaked\* | Sour fruit  Apples sour  Apricots  Bananas  Berries sour  Cherries sour  Grape fruit  Grapes green  Lemons  Oranges(sour)  Peaches  Pineapple sour  Plum sour | Sweet fruit  Apples  Sweet  Avacado  Coconut  Grapes (dark)  Mango  Berries sweet  Cherries sweet  Dates  Figs  Grapes purple\*  Limes  Melons  Oranges(sweet)  Pears  Pineapples sweet  Plums sweet  Prunes  Raisins | Sweet and sour fruit  Bananas  Avocado  Dates  Grape fruit  Melons  Oranges  Pineapple  Plums  Coconut | Apples  Apricots  Cherries  Berries  Figs dry\*  Grapes\*  Lemons\*  Limes\*  Peaches  Pears  Prunes  Raisins  Strawberries\* | | **VEGETABLES** | In general dried, frozen, raw vegetables  Broccoli  Cabbage  Cauliflower  Celery  Fresh corn\*\*  Eggplant  Kale  Mushrooms  Onions raw  Peas raw  Peppers  Potato white  Squashes  Winter tomatoes raw  (cooked\*\*)  Sprouts\*  Tomatoes | cooked vegetables  Asparagus  Beets  Carrots  Cilantro  Cucumber  Green beans  Leafy greens\*  Lettuce\*  Onions cooked  Parsnip  Peas cooked  Potatoes sweet  Pumpkin  Spinach\*  Sprouts\*  Squashes  Summer zucchini | In general most pungent vegetables  Beets raw  Fresh corn\*\*  Egg plant\*\*  Mustard greens  Onions raw  Peppers hot  Spinach raw (cooked\*\*)  Tomatoes | In general most sweet and bitter vegetables  Asparagus  Beets cooked\*  Broccoli  Cabbage  Carrots cooked\*  Cauliflower  Celery  Cucumber  Green beans  Leafy greens  Mushrooms  Onions cooked\*  Peas  Peppers green  Potato sweet  Potato white  Sprouts most  Squashes  Zucchini | In general most sweet and juicy vegetables  Cucumber  Olives –black or green  Parsnips\*\*  Potato sweet  Pumpkin  Squashes summer  Tomatoes raw  Zucchini | In general most pungent and bitter vegetables  Asparagus  Beets and greens  Broccoli  Cabbage  Carrots  Cauliflower  Celery  Corn  Egg plant  Green beans  Leafy greens  Mushrooms  Onions  Peas  Peppers  Potato white  Spinach\*  Sprouts  Winter squashes  Tomato cooked\* | | **GRAINS** | Barley  Bran  Bread yeast  Buckwheat\*\*  Corn  Granola  Millet  Oats dry  Rice cakes\*\*  Rye | Oats cooked  Quinoa  Rice basmati, brown, white, wild  Wheat | Buckwheat  Corn  Millet  Bread yeast Oats  Rice – brown\*\*  Rye | Amaranth  Barley  Bran  Granola  Quinoa  Oats cooked  Rice- basmati, white, wild  Rice cakes  Wheat | Bread yeast  Oats cooked  Pasta\*\*  Rice – brown, white  Rice cake\*\*  Wheat | Amaranth\*  Barley  Bran  Buckwheat  Quinoa  Corn  Granola  Millet  Oats dry  Rice – basmati\*  Rye | | **LEGUMES** | Black beans  Chick peas  Kidney beans  Lentils brown  Miso\*\*  Navy beans  Peas dried  Pinto beans  Soy beans  Tempeh | Lentils red\*  Mung beans  Soy cheese\*  Soy milk\*  Soy sauce\*  Tofu\* | Miso  Soy sauce | Black beans  Chick peas  Kidney beans  Lentils all  Mung beans  Navy neans  Pinto beans  Soy beans  Soy milk  Soy cheese  Tempeh  Tofu | Kidney beans  Miso  Soy beans  Soy cheese  Soy sauce  Tofu cold | Black beans  Chick peas  Lentils all  Mung beans\*  Navy beans  Peas dried  Pinto beans  Soy milk  Tempeh  Tofu hot\* | | **DAIRY** | Cow milk powdered  Goats milk powdered  Ice cream\*\*  Yoghurt – plain w/ fruit or frozen | Most dairy is ok  Butter milk  Ghee  Cheese – hard\*  Cheese-soft  Cow milk  Goat milk  Sour cream\*  Yoghurt – spiced\* | Butter – salted  Butter milk  Cheese-hard  Sour cream  Yoghurt – plain w/fruit or frozen | Butter – unsalted  Cheese –soft not aged unsalted  Cows milk  Ghee  Goat milk  Ice cream\*  Yoghurt freshly made and diluted\* | Butter – salted  Butter-unsalted\*\*  Cheese-most  Cows milk  Ice cream  Sour cream  Yoghurt-plain, w/fruit or frozen | Butter milk\*  Cottage cheese\*  Ghee\*  Goat cheese-unsalted and not aged\*  Goat milk-skimmed only  Yoghurt-diluted | | **CONDIMENTS** | Chocolate  Horse radish | Chilly peppers\*  Lemon  Lime  Mayonnaise  Mustard  Pickles  Salt  Sea weed  Vinegar | Chilly peppers  Chocolate  Mustard  Mayonnaise  Pickles  Sea salt  Vinegar | Black pepper\*  Chutney  Sweet mango  Lime\*  Rock salt\*  Sea weed\* | Chocolate  Lime  Mayonnaise  Pickles  Salt  Vinegar | Black pepper  Chilly peppers  Horse radish  Mustard  Scallions  Sea weed\* | | **NUTS** | None | In moderation all nuts are good – prefer soaked | No nuts except for those in favor column | Almonds-soaked and peeled  Coconut | Almonds\*\*  Coconut\*\*  All other nuts | Charole | | **SEEDS** | Psyllium | Flax  Pumpkin  Sesame  Sunflower | Sesame  Tahini | Flax  Psyllium  Pumpkin\*  Sunflower | Psyllium\*\*  Sesame | Flax\*  Pumpkin\*  Sunflower\* | | **OILS** | Flax seed | Internal and external use: ghee, sesame, olive, most other oils  External: coconut | Almonds  Apricot  Corn  Safflower  Sesame | Ghee  Sunflower  Canola  Olive  External: coconut | No oils except for those in favour column | For internal and external use in small amounts: corn, canola, sunflower  External: sesame | | **BEVERAGES** | Apple juice  Caffeinated beverages  Chocolate milk  Cranberry juice  Icy cold drinks  Ice tea  Prune juice\*\*  Soy milk cold  Tomato juice\*\*  Herb teas: dandelion, ginseng, nettle\*\*, red clover\*\*, yerbamate\*\* | Almond milk  Apple cider  Carob\*  Grain “coffee”  Grape juice  Lemonade  Orange juice  Pineapple juice  Say milk well spiced and hot\*  Herb teas: bancha, cinnamon, fennel, licorice, peppermint, rose hips, | Caffeinated beverages  Chocolate milk  Cranberry juice  Grapefruit juice  Icy cold drinks  Ice tea  Lemonade  Pine apple juice  Tomato juice  Herb teas: cinnamon, ginseng, rose hips\*\*, yerbamate | Almond milk  Apple juice  Carob  Grain “coffee”  Grape juice  Orange juice\*  Pomegranate  Prune juice  Rice milk  Soy milk  Herb teas: chamomile, dandelion, fennel, licorice, mint, red clover | Almond milk  Caffeinated beverages\*\*  Chocolate milk  Grape fruit juice  Icy cold drinks  Ice tea  Orange juice  Rice milk  Tomato juice  Herb teas:  Licorice\*  Marh mallow  Rose hips\*\* | Apple juice/cider\*  Carob  Cranberry juice  Grain “coffee”  Grape juice  Pine apple juice\*  Pomegranate  Prune juice  Soy milk hot and well spiced  Herb teas: black tea spiced, chamomile, cinnamon, fennel\*, peppermint, yerbamate | | **SPICES** |  | Most spices are good | Asofetida  Bay leaf  Cayenne  Cloves  Garlic  Ginger dry  Mustard seed  Nutmeg  Oregano | Black pepper\*  Cinnamon  Coriander  Cumin  Fennel  Ginger fresh  Saffron  Turmeric  Vanilla\* | Salt | All spices are good | | **SWEETNERS** | Maple syrup\*\*  White sugar | Barley malt  Honey raw  Molasses  Natural sugar  Rice syrup | Molasses  White sugar\*\* | Barley malt  Honey\*  Maple syrup  Rice syrup  Natural sugar | Barley malt  Maple syrup  Molasses  Natural sugar  White sugar | Fruit juice concentrates  Honey raw and unprocessed | |  |  |  |  |  |  |  | |

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