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| Food Guidelines for Basic constitutional Types * Ayurvedic Diet
* pH miracle Diet
* Incompatible Food Combinations (Ayurveda)

Ayurvedic vegetarian diet chart:

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| **\* ok in mod****\*\* ok occassionally** | **VATA** | **PITTA** | KAPHA |
|  | **AVOID** | **FAVOR** | **AVOID** | **FAVOR** | **AVOID** | **FAVOR** |
| **FRUITS** | DriedApples rawPearsPrunes dryRaisins dry\*watermelon | Sweet fruitBananasBerriesCherriesGrape fruitGrapesLemonsLimesMelons sweetOrangesPeachesPine applePlumsPrunes soaked\*Raisins soaked\* | Sour fruitApples sourApricotsBananasBerries sourCherries sourGrape fruitGrapes greenLemonsOranges(sour)PeachesPineapple sourPlum sour   | Sweet fruitApples SweetAvacadoCoconutGrapes (dark)MangoBerries sweetCherries sweetDatesFigsGrapes purple\*LimesMelonsOranges(sweet)PearsPineapples sweetPlums sweetPrunesRaisins  | Sweet and sour fruitBananasAvocadoDatesGrape fruitMelonsOrangesPineapplePlumsCoconut | ApplesApricotsCherriesBerriesFigs dry\*Grapes\*Lemons\*Limes\*PeachesPearsPrunesRaisinsStrawberries\* |
| **VEGETABLES** | In general dried, frozen, raw vegetablesBroccoliCabbageCauliflowerCeleryFresh corn\*\*EggplantKaleMushroomsOnions rawPeas rawPeppersPotato whiteSquashesWinter tomatoes raw(cooked\*\*)Sprouts\*Tomatoes | cooked vegetablesAsparagusBeetsCarrotsCilantroCucumberGreen beansLeafy greens\*Lettuce\*Onions cookedParsnipPeas cookedPotatoes sweetPumpkinSpinach\*Sprouts\*SquashesSummer zucchini  | In general most pungent vegetablesBeets rawFresh corn\*\*Egg plant\*\*Mustard greensOnions rawPeppers hotSpinach raw (cooked\*\*)Tomatoes | In general most sweet and bitter vegetablesAsparagusBeets cooked\*BroccoliCabbageCarrots cooked\*CauliflowerCeleryCucumberGreen beansLeafy greensMushroomsOnions cooked\*PeasPeppers greenPotato sweetPotato whiteSprouts mostSquashesZucchini  | In general most sweet and juicy vegetablesCucumberOlives –black or greenParsnips\*\*Potato sweetPumpkinSquashes summerTomatoes rawZucchini      | In general most pungent and bitter vegetablesAsparagusBeets and greensBroccoliCabbageCarrotsCauliflowerCeleryCornEgg plantGreen beansLeafy greensMushroomsOnionsPeasPeppersPotato whiteSpinach\*SproutsWinter squashesTomato cooked\* |
| **GRAINS** | BarleyBranBread yeastBuckwheat\*\*CornGranolaMilletOats dryRice cakes\*\*Rye   | Oats cookedQuinoaRice basmati, brown, white, wildWheat  | BuckwheatCornMilletBread yeast OatsRice – brown\*\*Rye  | AmaranthBarleyBranGranolaQuinoaOats cookedRice- basmati, white, wildRice cakesWheat  | Bread yeastOats cookedPasta\*\*Rice – brown, whiteRice cake\*\*Wheat    | Amaranth\*BarleyBranBuckwheatQuinoaCornGranolaMilletOats dryRice – basmati\*Rye  |
| **LEGUMES** | Black beansChick peasKidney beansLentils brownMiso\*\*Navy beansPeas driedPinto beansSoy beansTempeh  | Lentils red\*Mung beansSoy cheese\*Soy milk\*Soy sauce\*Tofu\* | MisoSoy sauce  | Black beansChick peasKidney beansLentils allMung beansNavy neansPinto beansSoy beansSoy milkSoy cheeseTempehTofu  | Kidney beansMisoSoy beansSoy cheeseSoy sauceTofu cold | Black beansChick peasLentils allMung beans\*Navy beansPeas driedPinto beansSoy milkTempehTofu hot\*   |
| **DAIRY** | Cow milk powderedGoats milk powderedIce cream\*\*Yoghurt – plain w/ fruit or frozen | Most dairy is okButter milkGheeCheese – hard\*Cheese-softCow milkGoat milkSour cream\*Yoghurt – spiced\*   | Butter – saltedButter milkCheese-hardSour creamYoghurt – plain w/fruit or frozen   | Butter – unsaltedCheese –soft not aged unsaltedCows milkGheeGoat milkIce cream\*Yoghurt freshly made and diluted\*  | Butter – saltedButter-unsalted\*\*Cheese-mostCows milkIce creamSour creamYoghurt-plain, w/fruit or frozen   | Butter milk\*Cottage cheese\*Ghee\*Goat cheese-unsalted and not aged\*Goat milk-skimmed onlyYoghurt-diluted  |
| **CONDIMENTS** | ChocolateHorse radish  | Chilly peppers\*LemonLimeMayonnaiseMustardPicklesSaltSea weedVinegar  | Chilly peppersChocolateMustardMayonnaisePicklesSea saltVinegar  | Black pepper\*ChutneySweet mangoLime\*Rock salt\*Sea weed\* | ChocolateLimeMayonnaisePicklesSaltVinegar  | Black pepperChilly peppersHorse radishMustardScallionsSea weed\* |
| **NUTS** | None | In moderation all nuts are good – prefer soaked | No nuts except for those in favor column | Almonds-soaked and peeledCoconut   | Almonds\*\*Coconut\*\*All other nuts  | Charole |
| **SEEDS** | Psyllium | FlaxPumpkinSesameSunflower | SesameTahini  | FlaxPsylliumPumpkin\*Sunflower | Psyllium\*\*Sesame  | Flax\*Pumpkin\*Sunflower\* |
| **OILS** | Flax seed | Internal and external use: ghee, sesame, olive, most other oilsExternal: coconut | AlmondsApricotCornSafflowerSesame  | GheeSunflowerCanolaOliveExternal: coconut | No oils except for those in favour column | For internal and external use in small amounts: corn, canola, sunflowerExternal: sesame |
| **BEVERAGES** | Apple juiceCaffeinated beveragesChocolate milkCranberry juiceIcy cold drinksIce teaPrune juice\*\*Soy milk coldTomato juice\*\*Herb teas: dandelion, ginseng, nettle\*\*, red clover\*\*, yerbamate\*\* | Almond milkApple ciderCarob\*Grain “coffee”Grape juiceLemonadeOrange juicePineapple juiceSay milk well spiced and hot\*Herb teas: bancha, cinnamon, fennel, licorice, peppermint, rose hips, | Caffeinated beveragesChocolate milkCranberry juiceGrapefruit juiceIcy cold drinksIce teaLemonadePine apple juiceTomato juiceHerb teas: cinnamon, ginseng, rose hips\*\*, yerbamate | Almond milkApple juiceCarobGrain “coffee”Grape juiceOrange juice\*PomegranatePrune juiceRice milkSoy milkHerb teas: chamomile, dandelion, fennel, licorice, mint, red clover | Almond milkCaffeinated beverages\*\*Chocolate milkGrape fruit juiceIcy cold drinksIce teaOrange juiceRice milkTomato juiceHerb teas:Licorice\*Marh mallowRose hips\*\* | Apple juice/cider\*CarobCranberry juiceGrain “coffee”Grape juicePine apple juice\*PomegranatePrune juiceSoy milk hot and well spicedHerb teas: black tea spiced, chamomile, cinnamon, fennel\*, peppermint, yerbamate   |
| **SPICES** |   | Most spices are good | AsofetidaBay leafCayenneClovesGarlicGinger dryMustard seedNutmegOregano  | Black pepper\*CinnamonCorianderCuminFennelGinger freshSaffronTurmericVanilla\*  | Salt  | All spices are good |
| **SWEETNERS** | Maple syrup\*\*White sugar  | Barley maltHoney rawMolassesNatural sugarRice syrup | MolassesWhite sugar\*\* | Barley maltHoney\*Maple syrupRice syrupNatural sugar | Barley maltMaple syrupMolassesNatural sugarWhite sugar | Fruit juice concentratesHoney raw and unprocessed   |
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