

Ayurvedic Lifestyle



Fruits					
VATA		PITTA		KAPHA	
Restricted	Allowed	Restricted	Allowed	Restricted	Allowed
Dried Fruits Apples Cranberries Pears Persimmon Pomegranate Watermelon Sweet Fruits	Apricots Avocado Bananas Berries Cherries Coconut Figs (fresh) Grapefruit Grapes Lemons Mango Melons (sweet) Oranges Papaya Peaches Pineapples Plums	Sour Fruits Apricots Berries Bananas Cherries Cranberries Grapefruit Grapes (green) Lemons Oranges (sour) Papaya Peaches Pineapples (sour) Persimmon Plums (sour)	Sweet Fruits Apples Avocado Coconut Figs Grapes (dark) Mango Oranges (sweet) Pears Pineapples (sweet) Plums (sweet) Pomegranate Prunes Raisins	Sweet & Sour Fruits Avocado Bananas Coconut Figs (fresh) Grapefruit Grapes Lemons Melons Oranges Papaya Pineapples Plums	Apples Apricots Berries Cherries Cranberries Figs (dry) Mango Peaches Pears Persimmon Pomegranate Prunes Raisins
Vegetables					
VATA		PITTA		KAPHA	
Restricted	Allowed	Restricted	Allowed	Restricted	Allowed
Raw Vegetables Broccoli Brussels Sprouts Cabbage Cauliflower Celery Eggplant Leafy Greens* Lettuce* Mushrooms Onions (raw) Parsley* Peas Peppers Potatoes (white) Spinach* Sprouts* Tomatoes *These Vegetables ok in moderation with oil dressing	Cooked Vegetables Asparagus Beets Carrots Cucumber Garlic Green Beans Okra (cooked) Onion (cooked) Potato (sweet) Radishes Zucchini	Pungent Vegetables Beets Carrots Eggplant Garlic Onions Peppers (hot) Radishes Spinach Tomatoes	Sweet & Bitter Vegetables Asparagus Broccoli Brussels Sprouts Cabbage Cucumber Cauliflower Celery Green Beans Leafy Greens Lettuce Mushrooms Okra Peas Parsley Peppers (green) Potatoes Sprouts Zucchini	Sweet & Juicy Vegetables Cucumber Potatoes (sweet) Tomatoes Zucchini	Pungent & Bitter Vegetables Asparagus Beets Broccoli Brussels Sprouts Cabbage Cauliflower Celery Eggplant Garlic Leafy Greens Lettuce Mushrooms Okra Onions Parsley Peas Peppers Potatoes (white) Radishes Spinach Sprouts
Grains					
VATA		PITTA		KAPHA	
Restricted	Allowed	Restricted	Allowed	Restricted	Allowed
Barley Buckwheat Corn Millet Rye Oats (cooked)	Rice Wheat	Buckwheat Corn Millet Oats (dry) Rice (brown) Rye	Barley Oats (cooked) Rice (basmati) Rice (white) Wheat	Oats (cooked) Rice (brown) Rice (white) Wheat	Barley Corn Millet Oats (dry) Rice (Basmati, small amount) Rye

Legumes					
VATA		PITTA		KAPHA	
Restricted	Allowed	Restricted	Allowed	Restricted	Allowed
All Legumes	Mung Beans, Tofu, Black & Red Lentils	Lentils	All Legumes OK	Lentils	All Legumes OK
Nuts					
VATA		PITTA		KAPHA	
All Nuts are OK in small quantities		No nuts except coconut		No nuts at all	
Seeds					
VATA		PITTA		KAPHA	
All seeds are OK in moderation		No seeds except Sunflower & Pumpkin		No seeds except Sunflower & Pumpkin	
Sweeteners					
VATA		PITTA		KAPHA	
All sweeteners are OK except white sugar		All sweeteners are OK except molasses & honey		No sweeteners except raw honey	
Condiments					
VATA		PITTA		KAPHA	
All spices are good		No spices except coriander, cinnamon, cardamom, fennel, turmeric & small amounts of black pepper		All spices are good except salt	
Dairy					
VATA		PITTA		KAPHA	
All dairy products are OK (in moderation)		Restricted	Allowed		
		Buttermilk Cheese Sour Cream Yogurt	Butter (unsalted) Cottage Cheese Ghee Milk	No dairy except ghee & goat milk	
Oils					
VATA		PITTA		KAPHA	
All oils are good		Restricted	Allowed	No oils except almond, corn, or sunflower in small amounts	
		Almond Corn Safflower Sesame	Coconut Olive Sunflower Soy		