

VATA BALANCING DIET

FAVOR	REDUCE/ AVOID
Sweet, sour and salty tastes	Pungent, bitter and astringent tastes
Fruits: Bananas, melons, mangos, dates, coconuts, cherries, mangos, grapes	Fruits: Apples, pears, cranberries
Vegetables: Sweet potatoes, squash, zucchini, beets, turnips, leeks	Vegetables: Raw vegetables, dandelion greens, bitter melon, radish, onions, garlic, peas
Grains/ legumes: Rice, quinoa, amaranth, oats	Grains/ legumes: Barley, buckwheat, beans
Dairy: Almond milk, flax milk, oat milk	Dairy: Coconut milk
Meat: Turkey, chicken, goat	Meat: Beef, pork
Oils: Sesame oil, olive oil, avocado oil	Oils: Canola oil, peanut oil
Spices: Salt, nutmeg, saffron, fennel, cumin, clove, cinnamon	Spices: Cayenne pepper
Nuts/ seeds: Walnuts, almonds, pistachios, hemp seeds, sunflower seeds	Nuts/ seeds: Peanuts

PITTA BALANCING DIET

FAVOR	REDUCE/ AVOID
Sweet, bitter and astringent tastes	Pungent, sour and salty tastes
Fruits: Blueberries, raspberries, cherries, coconut, grapes, avocados, pomegranates	Fruits: Pineapple, oranges, grapefruit, strawberries, papaya
Vegetables: Dandelion greens, kale, chard, parsley, dill, cilantro, bitter melon, squash, sweet potato, celery, cucumber	Vegetables: Tomatoes, bell peppers, onions, garlic, radishes, chili peppers, jalapenos
Grains/ legumes: Rice, oats, amaranth, barley	Grains/ legumes: Wheat
Dairy: Rice milk, oat milk	Dairy: Cashew milk
Meat: Turkey, chicken, goat	Meat: Fish, shellfish, beef, pork
Oils: Coconut oil, ghee, avocado oil	Oils: Sesame oil, mustard oil, canola oil, peanut oil
Spices: Coriander, cardamom, fennel, saffron	Spices: Cayenne pepper, salt
Nuts/ seeds: Chia, hemp, flax seeds	Nuts/ seeds: Walnuts pistachios, peanuts, cashews

KAPHA BALANCING DIET

FAVOR	REDUCE/ AVOID
Pungent, bitter and astringent tastes	Sweet, sour and salty tastes
Fruits: Apples, pears, pomegranates	Fruits: Bananas, melons, mangos, dates
Vegetables: Dandelion greens, kale, chard, parsley, dill, cilantro, bitter melon, radish, onions, fresh ginger	Vegetables: Potatoes, pumpkin, squash, zucchini, cucumbers
Grains/ legumes: Barley, millet, mung beans	Grains/ legumes: Oats, brown rice, wheat
Dairy: Almond milk, flax milk	Dairy: Milk, yogurt, ice cream, butter
Meat: Turkey, chicken, goat	Meat: Beef, pork
Oils: Sesame oil, mustard oil, olive oil	Oils: Canola oil, peanut oil
Spices: Black pepper, ajwain, ginger, turmeric, fennel, cumin, clove, cinnamon	Spices: Salt
Nuts/ seeds: Chia, hemp, flax seeds	Nuts/ seeds: Walnuts, almonds, pistachios, peanuts, cashews