



# FOODS HEAL

## ● Food Guidelines For Pitta-Vata

If the Chopra Mindbody Questionnaire or the questions about physiological imbalances have determined that your dominant energy pattern is Pitta-Vata the following are nutritional guidelines that promote balance and harmonize best with your constitution.

### Anti-Inflammatory • Anti-Degenerative

*Always consult your physician before adding supplements or new medicines to your intake.*

	NO	MODERATION (Each entry every 3-4 days)	YES
FRUITS	Generally most dried fruits	Generally most sour fruits	Generally most sweet fruits
	Apples(raw) Cranberries Persimmons	Apples(sour) Apricots(sour) Bananas Berries(sour) Cherries(sour) Dates(dry) Figs(dry) Grapes(green) Grapefruit Kiwi Lemons Limes Mangoes(green)	Oranges(sour) Papaya Peaches Pears Pineapple(sour) Plums(sour) Pomegranates Prunes(dry) Raisins(dry) Rhubarb Strawberries Tamarind Watermelon
VEGETABLES	Generally frozen, raw, dried, or pungent		Generally sweet and cooked
	Beet greens Burdock root Cabbage(raw) Cauliflower(raw) Corn Eggplant Horseradish Kohlrabi	Artichoke Beets(raw) Bitter melon Broccoli Brussel sprouts Cabbage(cooked) Carrots(raw) Cauliflower(cooked) Celery Daikon radish Dandelion greens Garlic Green chilies Jerusalem artichoke Kale Leafy greens	Asparagus Beets(cooked) Carrots(cooked) Cilantro Cucumber Fennel(anise) Green beans Leeks(cooked) Okra Olives, black

GRAINS						
	Bread(with yeast) Buckwheat Cereal, cold, puffed Corn(including tortilla) Millet	Museli Oats(dry) Polenta Rye	Amaranth Barley Cereal(dry) Couscous Crackers Granola Oat bran	Pasta Quinoa Rice(brown) Rice cakes Sago Spelt Tapioca Wheat bran	Durham flour Flatbreads(ie flour tortilla) Oats(cooked) Pancakes	Rice(basmati, white, wild) Seitan(wheat meat) Sprouted wheat bread (Essene) Wheat
LEGUMES						
	Miso		Aduki beans Black beans Black-eyed peas Chick peas (garbanzo beans) Kidney beans Lentils(brown and red) Lima beans Navy beans Peas(dried) Pinto beans Soy beans	Soy cheese Soy flour Soy milk Soy powder Soy sauce Soy sausage Split peas Tempeh Tofu Tur dal Urad dal White beans	Mung beans Mung dal Split mung dal	
DAIRY						
	Cow's milk (powdered) Goat's milk (powdered)	Yogurt(plain, frozen or w/ fruit)	Butter(salted) Buttermilk Cheese(hard) Ice cream	Sour cream Yogurt (freshly made & diluted)	Butter(unsalted) Cheese(soft, not aged, unsalted Cottage cheese Cow's milk	Ghee Goats cheese (soft, unsalted) Goat's milk
ANIMAL FOODS						
	Lamb Pork		Beef Chicken(white or dark) Duck Eggs with yolk Rabbit Salmon	Sardines Seafood Tuna fish Turkey(white or dark) Venison	Buffalo Eggs(whites only) Fish(freshwater) Shrimp	
CONDIMENTS						
	Chocolate Horseradish Salt(excess)		Black pepper Chili peppers Chutney, mango(spicy) Coriander leaves Dulse Gomasio Hijiki Kelp Ketchup Lemon Lime Lime pickles	Mango pickles Mayonnaise Mustard Pickles Salt Scallions Seaweed Sprouts Tamari Soy sauce Vinegar	Chutney, mango(sweet)	

NUTS					
		Almonds(with skin) Black Walnuts Brazil nuts Cashews Filberts Hazelnuts	Macadamia nuts Peanuts Pecans Pine nuts Pistachios Walnuts	Almonds(soaked and peeled) Carole Coconut	
SEEDS					
		Chia Popcorn(no salt, butter) Psyllium	Pumpkin Sesame Tahini	Flax Halva Sunflower	
OILS					
	Corn	For internal use Almond Apricot Flax seed	Safflower Sesame Soy Sunflower	<i>For internal &amp; external use:</i> (most suitable at top of list) Ghee Olive	<i>For external use only</i> Coconut Avocado
BEVERAGES					
	Alcohol(hard) Caffeinated beverages Carbonated drinks Chocolate milk Coffee Cranberry juice Iced tea Icy cold drinks Tomato juice V-8 Juice	<i>Herb Teas:</i> Basil Ginseng Mormon tea Red Zinger Yerba Mate	Alcohol(beer, dry white, red and sweet wine) Apple cider Black tea Carob Carrot juice Chai(hot spiced milk) Cool dairy drinks Grapefruit juice Lemonade Miso broth Mixed vegetable juice Orange juice Papaya juice Pear juice Pineapple juice Pomegranite juice Prune juice Sour juices Soy milk Vegetable bouillon  <i>Herb Teas:</i> Ajwan Alfalfa Barley Blackberry Borage Burdock Catnip Chicory	Chrysanthemum Cinnamon Clove Cornsilk Dandelion Elder flower Eucalyptus Fenugreek Ginger(dry) Hawthorne Hops Jasmine Juniper berry Kukicha Lemon Balm Nettle Orange peel Passion flower Pennyroyal Raspberry Red clover Rosehips Saffron Sage Sassafrass Strawberry Violet Yarrow Wintergreen	Almond milk Aloe vera juice or gel Apple juice, cider Apricot juice Berry juice(sweet) Cherry juice(sweet) Grain coffee Grape juice Mango juice Miso broth Peach nectar Rice milk  <i>Herb Teas:</i> Banacha Chamomile Comfrey Fennel Ginger(fresh) Lavender Lemon grass Licorice Marshmallow Oat straw Peppermint Sarsaparilla Spearmint

SPICES			
		Ajwan Allspice Almond extract Anise Asafoetida(hing) Basil(dry) Bay leaf Black pepper Caraway Cardamon Cayenne Cloves Fenugreek Garlic Ginger(dry) Mace Marjoram	Mustard seeds Neem leaves Nutmeg Oranges peel Oregano Paprika Parsley Pippali Poppy seeds Rosemary Sage Salt Savory Star Anise Tarragon Thyme Vanilla
			Basil(fresh) Cinnamon Coriander Cumin Dill Fennel Ginger(fresh)
			Mint Peppermint Saffron Spearmint Tumeric Wintergreen
SWEETENERS			
	White sugar	Honey(raw,unprocessed) Jaggary Maple syrup Molasses	Barley malt Fructose Fruit juice concentrates Rice syrup Sucanat Turbinado
FOOD SUPPLEMENTS			
		Amino acids Barley green Bee pollen Brewers yeast <i>Minerals:</i> Copper and Iron	Royal jelly <i>Vitamins:</i> B2, B6, C, E, K, P(bioflavonoids) and Folic acid
			Aloe vera juice or gel <i>Minerals:</i> Calcium, Magnesium, and Zinc Spirulina
			Blue-green algae <i>Vitamins:</i> A, B1, B12, D and E

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*This information is not to replace advice from your personal physician and if you have questions about this approach should consult with your physician.*

## ● Incompatible Food Combinations

In addition to the foods you should avoid based on your particular energy field makeup are the following incompatible combinations. You should always avoid eating these foods together because they can provoke the physiology in general and can produce imbalance.

The following table lists some of the incompatible food combinations to avoid.

Beans	Fruit, cheese, eggs, fish, milk, meat, yogurt
Eggs	Fruit (especially melons), beans, cheese, fish, kichari, MILK, meat, yogurt
Fruit	As a rule, with any other food. *There are exceptions, such as certain cooked combinations, as well as dates and milk which have the same rasa, virya, and vipaka.
Grains	Fruit, tapioca
Honey **	With equal GHEE by weight (e.g. 1 tsp honey with 3 tsp ghee); boiled or cooked honey
Hot Drinks	Mangos, cheese, fish, meat, starch, yogurt
Lemon	Cucumbers, milk, tomatoes, yogurt
Melons	EVERYTHING — especially dairy, eggs, fried food, grains, starches. Melons more than most fruit should be eaten alone or left alone.
Milk	BANANAS, cherries, melons, sour fruits, bread containing yeast, fish kichari
Nightshades, e.g., potato, tomato	Melon, cucumber, dairy products
Radishes	Bananas, raisins, milk
Tapioca	Fruit, especially banana, mango, beans, raisins, jaggary
Yogurt	Fruit, cheese, eggs, fish, hot drinks, meat, MILK, nightshades

*Foods in CAPITALS are the most difficult combinations.*

This is by no means an exhaustive list. It must be remembered that a proper Ayurvedic approach should also consider nutritional value, constitution, seasons, age, and any disease condition.

\*\* According to ancient Ayurvedic literature, honey should never be cooked. If cooked, the molecules become a non-homogenized glue that adheres to mucous membranes and clogs subtle channels, producing toxins. Uncooked honey is nectar. Cooked honey is considered poison.

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