



# FOODS HEAL

## ● Food Guidelines For Vata-Kapha

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

### Anti-Degenerative • Anti-Congestive

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

	NO	MODERATION (Each entry every 4-5 days)	YES
FRUITS	<p><b>Generally most sour or dried fruits</b></p> <p>Apples(raw) Apricots(sour) Berries(sour) Cherries(sour) Dates(dry) Oranges(sour) Plums(sour) Prunes(dry) Raisins(dry) Watermelon</p>	<p><b>Generally most sweet fruits</b></p> <p>Avocado Bananas Coconut Cranberries Dates(fresh) Figs(dry or fresh) Grapefruit Kiwi Lemons Limes Mangoes Melons Oranges Papaya Pears Persimmons Pineapple Plums Pomegranates Rhubarb Tamarind</p>	<p>Apples (cooked and/or sweet) Applesauce Apricots Berries Cherries Grapes Lemons Limes Peaches Pomegranates Prunes(soaked) Raisins(soaked) Strawberries</p>
VEGETABLES	<p>Olives, green or black Tomatoes(raw)</p>	<p><b>In general, vegetables should be cooked</b></p> <p>Artichoke Beet greens Bitter melon Broccoli Brussels sprouts Burdock root Cabbage(cooked) Cauliflower(cooked) Carrots(raw) Celery Corn(fresh) Cucumber Dandelion greens Eggplant Horseradish Jerusalem artichoke Kale Kohlrabi Leafy Greens Lettuce Mushrooms Mustard greens Olives(black) Onions(raw) Parsnip Parsley Peas(cooked) Peppers(hot and sweet) Potatoes, white Potatoes, sweet Prickly pear(fruit &amp; leaves)) Pumpkin Radishes(raw) Spaghetti squash Spinach Sprouts Squash, winter Taro root Tomatoes(cooked) Turnip Greens Wheat grass sprouts Zucchini</p>	<p><b>In general, most pungent and bitter vegetables</b></p> <p>Asparagus Beets Carrots Cilantro Daikon radish Fennel(Anise) Garlic Green beans Green chilies Leafy greens Leeks Okra Onions(cooked) Rutabaga Squash, summer Turnip Watercress</p>

GRAINS					
	Bread(with yeast) Pasta Rice cakes Sago	Amaranth Barley Buckwheat Cereal(dry, cold, or puffed) Corn Couscous Crackers Durham flour Granola Millet Museli	Oats(dry/cooked) Oat bran Pancakes Polenta Quinoa Rice(brown, white)) Rye Spelt Tapioca Wheat Wheat bran	Durham flour Quinoa Rice(basmati, wild) Seitan(wheat meat) Sprouted wheat bread(Essene)	
LEGUMES					
	Kidney beans Miso Soy beans Soy flour Soy powder	Aduki beans Black beans Black-eyed peas Chick peas(garbanzo beans) Lentils(brown) Lima beans Navy beans Peas(dried)	Pinto beans Kidney beans Soy cheese Split peas Tempeh Tofu(hot) Tur dal Urad dal White beans	Lentils(red) Soy milk Soy sausage Tur dal	
DAIRY					
	Cheese, hard Cow's milk, powdered Goat's milk, powdered Yogurt(plain, frozen, or with fruit)	Butter, unsalted Buttermilk Cheese(soft, hard, not aged, & unsalted) Cottage cheese (from cow's milk)	Cheese, soft Cow's milk Goat's milk Got's cheese Ice cream Sour cream	Cottage cheese(from skimmed goat's milk) Ghee	Goats cheese(unsalted and not aged) Goat's milk, skim Yogurt(diluted and spiced)
ANIMAL FOODS					
	Lamb Pork	Beef Buffalo Chicken(dark) Chicken(white) Duck Seafood	Rabbit Salmon Sardines Tuna fish Turkey(dark) Turkey(white) Venison	Eggs Fish(freshwater) Shrimp	
CONDIMENTS					
	Chocolate	Black pepper Chutney, mango, sweet Gomasio Horseradish Kelp Ketchup Kombu Lime Lime pickle	Mango pickle Mayonnaise Pickles Salt Seaweed Soy sauce Vinegar Tamari	Chili peppers Chutney, mango, spicy Coriander leaves Dulse Hijiki	Lemon Mustard(without vinegar) Scallions Seaweed Sprouts

NUTS/BUTTERS					
	None		Almonds (soaked and peeled) Black Walnuts Brazil nuts Cashews Coconut Filberts	Hazelnuts Macadamia nuts Peanuts Pecans Pine nuts Pistachios Walnuts	Charole
SEEDS/BUTTERS					
	Psyllium		Flax Halva Popcorn(no salt, but- tered) Psyllium	Pumpkin Sesame Sunflower Tahini	Chia
BEVERAGES					
	Caffeinated beverages Carbonated drinks Cherry juice(sour) Chocolate milk Coffee Cold dairy drinks Cranberry juice Iced tea	Icy cold drinks Soy milk(cold) Tomato juice V-8 juice Vegetable bouillon  Herb teas: Red Zinger	Alcohol(beer, hard and dry and sweet white wine) Almond milk Apple juice Black tea(spiced) Carob Chai(hot,spiced milk) Lemonade Miso broth Orange juice Papaya juice Pear juice Pineapple juice Pomegranate juice Prune juice Rice milk Sour juice Soy milk(hot and well spiced) <i>Herb teas:</i> Alfalfa Barley Blackberry Burdock Catnip Chicory	Cinnamon Corn silk Crysanthemum Dandelion Ginger(dry) Ginseng Hibiscus Hops Hyssop Jasmine Juniper berry Kuchika Lemon balm Licorice Marshmallow Mormon tea Nettle Passion flower Raspberry Red clover Rose hips Sasaparilla Strawberry Violet Yarrow Yerba Mate	Aloe vera juice or gel Apple cider Apricot juice Berry juice Carrot juice Cherry juice(sweet) Grain coffee Grape juice Mango juice Peach nectar <i>Herb teas:</i> Bancha Chamomile  Chicory Clove Comfrey Fennel Fenugreek Ginger(fresh) Juniper berry Lavender Lemon grass Peppermint Sassafras Spearmint Wintergreen

SPICES					
		Cayenne Fennel Fenugreek Salt Vanilla		Ajwan Allspice Almond extract Anise Asafoetida(hing) Basil Bay leaf Black pepper Caraway Cardamom Cayenne Cinnamon Cloves Coriander Cumin Dill Garlic	Ginger Mace Marjoram Mint Mustard seed Neem leaves Nutmeg Orange peel Oregano Paprika Parsley Peppermint Rosemary Saffron Sage Savory Spearmint
SWEETENERS					
	Jaggary Maple syrup	Molasses White sugar	Barley malt Fructose Molasses	Rice syrup Sucanat Turbinado	Fruit juice(concentrate) Honey(raw and not processed)
FOOD SUPPLEMENTS					
			Barley green Brewers yeast	<i>Minerals:</i> potassium <i>Vitamins:</i> A, B1, B2, B12, C, D, K	Aloe vera juice or gel Amino acids Bee pollen Blue-green algae Royal jelly Spirulina <i>Minerals:</i> Calcium, Magnesium, Copper, Iron & Zinc <i>Vitamins:</i> B6, E, folic acid and P(bioflavanoids)

© Reprinted with permission from *Ayurevic Cooking for Self-Healing* by Dr Vasant & Usha Lad

*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.

Amended extracts reprinted with permission from: *Ayurvedic Cooking for Self-Healing* by Usha and Dr. Vasant Lad, 1997. For more information on this book, Ayurvedic programs, products and services contact: The Ayurvedic Institute, P.O. Box 23445, Albuquerque, NM 87192-1445, (505) 291-9698; [www.ayurveda.com](http://www.ayurveda.com)

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