

# Food Guidelines for Basic Constitutional Types

**NOTE:** Guidelines provided in this table are general. Specific adjustments for individual requirements may need to be made, e.g., food allergies, strength of agni, season of the year and degree of dosha predominance or aggravation. \* okay in moderation \*\* okay rarely

|                   | VATA   |  | PITTA  |   | KAPHA  |   |
|-------------------|--|--|--|---|--|---|
|                   | AVOID  | FAVOR  | AVOID  | FAVOR   | AVOID  | FAVOR   |
| <b>FRUITS</b>     | <i>Generally most dried fruit</i><br>Apples (raw)<br>Cranberries<br>Dates (dry)<br>Figs (dry)<br>Pears<br>Persimmons<br>Pomegranates<br>Raisins (dry)<br>Prunes (dry)<br>Watermelon  | <i>Generally most sweet fruit</i><br>Apples (cooked)<br>Applesauce<br>Apricots<br>Avocado<br>Bananas<br>Berries<br>Cherries<br>Coconut<br>Dates (fresh)<br>Figs (fresh)<br>Grapefruit<br>Grapes<br>Kiwi<br>Lemons<br>Limes<br>Mangoes<br>Melons<br>Oranges<br>Papaya<br>Peaches<br>Pineapple<br>Plums<br>Prunes (soaked)<br>Raisins (soaked)<br>Rhubarb<br>Strawberries<br>Tamarind  | <i>Generally most sour fruit</i><br>Apples (sour)<br>Apricots (sour)<br>Bananas<br>Berries (sour)<br>Cherries (sour)<br>Cranberries<br>Grapefruit<br>Grapes (green)<br>Kiwi**<br>Lemons<br>Mangoes (green)<br>Oranges (sour)<br>Peaches<br>Persimmons<br>Pineapple (sour)<br>Plums (sour)<br>Rhubarb<br>Tamarind   | <i>Generally most sweet fruit</i><br>Apples (sweet)<br>Applesauce<br>Apricots (sweet)<br>Avocado<br>Berries (sweet)<br>Cherries (sweet)<br>Coconut<br>Dates<br>Figs<br>Grapes (red & purple)<br>Limes*<br>Mangoes (ripe)<br>Melons<br>Oranges (sweet)*<br>Papaya*<br>Pears<br>Pineapple (sweet)*<br>Plums (sweet)<br>Pomegranates<br>Prunes<br>Raisins<br>Strawberries*<br>Watermelon   | <i>Generally most sweet &amp; sour fruit</i><br>Avocado<br>Bananas<br>Coconut<br>Dates<br>Figs (fresh)<br>Grapefruit<br>Kiwi<br>Mangos**<br>Melons<br>Oranges<br>Papaya<br>Pineapple<br>Plums<br>Rhubarb<br>Tamarind<br>Watermelon | <i>Generally most astringent fruit</i><br>Apples<br>Applesauce<br>Apricots<br>Berries<br>Cherries<br>Cranberries<br>Figs (dry)*<br>Grapes*<br>Lemons*<br>Limes*<br>Peaches*<br>Pears<br>Persimmons<br>Pomegranates<br>Prunes<br>Raisins<br>Strawberries*  |
| <b>VEGETABLES</b> | <i>Generally frozen, raw or dried vegetables</i><br>Artichoke<br>Beet greens**<br>Bitter melon<br>Broccoli<br>Brussels sprouts<br>Burdock root<br>Cabbage (raw)<br>Cauliflower (raw)<br>Celery<br>Corn (fresh)**<br>Dandelion greens<br>Eggplant<br>Horseradish**<br>Kale<br>Kohlrabi<br>Mushrooms<br>Olives, green<br>Onions (raw)<br>Peas (raw)<br>Peppers, sweet & hot<br>Potatoes, white<br>Prickly pear (fruit & leaves)<br>Radish (raw)<br>Squash, winter<br>Tomatoes (cooked)**<br>Tomatoes (raw) | <i>In general, vegetables should be cooked</i><br>Asparagus<br>Beets<br>Cabbage* (cooked)<br>Carrots<br>Cauliflower*<br>Cilantro<br>Cucumber<br>Daikon radish*<br>Fennel (Anise)<br>Garlic<br>Green beans<br>Green chilies<br>Jerusalem artichoke*<br>Leafy greens*<br>Leeks<br>Lettuce*<br>Mustard greens*<br>Okra<br>Olives, black<br>Onions (cooked)*<br>Parsley*<br>Parsnip<br>Peas (cooked)<br>Potatoes, sweet<br>Pumpkin<br>Radishes (cooked)* | <i>In general, pungent vegetables</i><br>Beet greens<br>Beets (raw)<br>Burdock root<br>Corn (fresh)**<br>Daikon radish<br>Eggplant**<br>Garlic<br>Green chilies<br>Horseradish<br>Kohlrabi**<br>Leeks (raw)<br>Mustard greens<br>Olives, green<br>Onions (raw)<br>Peppers (hot)<br>Turnip greens*<br>Watercress<br>Zucchini<br>Prickly pear (fruit)<br>Radishes (raw)<br>Spinach (cooked)**<br>Spinach (raw)<br>Tomatoes<br>Turnip greens<br>Turnips | <i>In general, sweet &amp; bitter vegetables</i><br>Artichoke<br>Asparagus<br>Beets (cooked)<br>Bitter melon<br>Broccoli<br>Brussels sprouts<br>Cabbage<br>Carrots (cooked)<br>Carrots (raw)*<br>Cauliflower<br>Celery<br>Cilantro<br>Cucumber<br>Dandelion greens<br>Fennel (Anise)<br>Green beans<br>Jerusalem artichoke<br>Kale<br>Leafy greens<br>Leeks (cooked)<br>Lettuce<br>Mushrooms<br>Okra<br>Olives, black<br>Onions (cooked)<br>Parsley<br>Parsnips<br>Peas | <i>In general, sweet &amp; juicy vegetables</i><br>Cucumber<br>Olives, black or green<br>Parsnips**<br>Potatoes, sweet<br>Pumpkin<br>Squash, summer<br>Taro root<br>Tomatoes (raw)<br>Zucchini                                     | <i>In general, most pungent &amp; bitter vegetables</i><br>Artichoke<br>Asparagus<br>Beet greens<br>Beets<br>Bitter melon<br>Broccoli<br>Brussels sprouts<br>Burdock root<br>Cabbage<br>Carrots<br>Cauliflower<br>Celery<br>Cilantro<br>Corn<br>Daikon radish<br>Dandelion greens<br>Eggplant<br>Fennel (Anise)<br>Garlic<br>Green beans<br>Green chilies<br>Horseradish<br>Jerusalem artichoke<br>Kale<br>Kohlrabi<br>Leafy greens<br>Leeks<br>Lettuce |

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|                   | VATA   |   | PITTA  |   | KAPHA  |   |
|-------------------|--|---|--|---|--|---|
|                   | AVOID  | FAVOR   | AVOID  | FAVOR   | AVOID  | FAVOR   |
| <b>VEGETABLES</b> | Turnips<br>Wheat grass,<br>sprouts   | Rutabaga<br>Spaghetti squash*<br>Spinach (cooked)*<br>Spinach (raw)*<br>Sprouts*<br>Squash, summer<br>Taro root<br>Turnip greens*<br>Watercress<br>Zucchini |  | Peppers, sweet<br>Potatoes,<br>sweet & white<br>Prickly pear<br>(leaves)<br>Pumpkin<br>Radishes (cooked)<br>Rutabaga<br>Spaghetti squash<br>Sprouts (not<br>spicy)<br>Squash, winter<br>and summer<br>Taro root<br>Watercress*<br>Wheat grass,<br>sprouts<br>Zucchini                                     |  | Mushrooms<br>Mustard greens<br>Okra<br>Onions<br>Parsley<br>Peas<br>Peppers,<br>sweet & hot<br>Potatoes, white<br>Prickly pear<br>(fruit & leaves)<br>Radishes<br>Rutabaga<br>Spaghetti squash*<br>Spinach<br>Sprouts<br>Squash, winter<br>Tomatoes<br>(cooked)<br>Turnip greens<br>Turnips<br>Watercress<br>Wheat grass                |
| <b>GRAINS</b>     | Barley<br>Bread (with<br>yeast)<br>Buckwheat<br>Cereals (cold, dry<br>or puffed)<br>Corn<br>Couscous<br>Crackers<br>Granola<br>Millet<br>Muesli<br>Oat bran<br>Oats (dry)<br>Pasta**<br>Polenta**<br>Rice cakes**<br>Rye<br>Sago<br>Spelt<br>Tapioca<br>Wheat bran     | Amaranth*<br>Durham flour<br>Oats (cooked)<br>Pancakes<br>Quinoa<br>Rice (all kinds)<br>Seitan (wheat<br>meat)<br>Sprouted wheat<br>bread (Essene)<br>Wheat | Bread (with<br>yeast)<br>Buckwheat<br>Corn<br>Millet<br>Muesli**<br>Oats (dry)<br>Polenta**<br>Rice (brown)**<br>Rye | Amaranth<br>Barley<br>Cereal, dry<br>Couscous<br>Crackers<br>Durham flour<br>Granola<br>Oat bran<br>Oats (cooked)<br>Pancakes<br>Pasta<br>Quinoa<br>Rice (basmati,<br>white, wild)<br>Rice cakes<br>Seitan (wheat<br>meat)<br>Spelt<br>Sprouted wheat<br>bread (Essene)<br>Tapioca<br>Wheat<br>Wheat bran | Bread (with yeast)<br>Oats (cooked)<br>Pancakes<br>Pasta**<br>Rice (brown,<br>white)<br>Rice cakes**<br>Wheat      | Amaranth*<br>Barley<br>Buckwheat<br>Cereal (cold, dry<br>or puffed)<br>Corn<br>Couscous<br>Crackers<br>Durham flour*<br>Granola<br>Millet<br>Muesli<br>Oat bran<br>Oats (dry)<br>Polenta<br>Quinoa*<br>Rice (basmati,<br>wild)*<br>Rye<br>Seitan (wheat<br>meat)<br>Spelt*<br>Sprouted wheat<br>bread (Essene)<br>Tapioca<br>Wheat bran |
| <b>LEGUMES</b>    | Aduki beans<br>Black beans<br>Black-eyed peas<br>Chick peas<br>(garbanzo beans)<br>Kidney beans<br>Lentils (brown)<br>Lima beans<br>Miso**<br>Navy beans<br>Peas (dried)<br>Pinto beans<br>Soy beans<br>Soy flour<br>Soy powder<br>Split peas<br>Tempeh<br>White beans | Lentils (red)*<br>Mung beans<br>Mung dal<br>Soy cheese*<br>Soy milk*<br>Soy sauce*<br>Soy sausages*<br>Tofu*<br>Tur dal<br>Urad dal                         | Miso<br>Soy sauce<br>Soy sausages<br>Tur dal<br>Urad dal   | Aduki beans<br>Black beans<br>Black-eyed peas<br>Chick peas<br>(garbanzo beans)<br>Kidney beans<br>Lentils, brown<br>& red<br>Lima beans<br>Mung beans<br>Mung dal<br>Navy beans<br>Peas (dried)<br>Pinto beans<br>Soy beans<br>Soy cheese<br>Soy flour*<br>Soy milk                                      | Kidney beans<br>Soy beans<br>Soy cheese<br>Soy flour<br>Soy powder<br>Soy sauce<br>Tofu (cold)<br>Urad dal<br>Miso | Aduki beans<br>Black beans<br>Black-eyed peas<br>Chick peas<br>(garbanzo beans)<br>Lentils (red &<br>brown)<br>Lima beans<br>Mung beans*<br>Mung dal*<br>Navy beans<br>Peas (dried)<br>Pinto beans<br>Soy milk<br>Soy sausages<br>Split peas<br>Tempeh<br>Tofu (hot)*   |

|                     | VATA  |   | PITTA   |  | KAPHA   |  |
|---------------------|---|---|---|--|---|--|
|                     | AVOID   | FAVOR   | AVOID   | FAVOR  | AVOID   | FAVOR  |
| <b>LEGUMES</b>      |   |   |   | Soy powder*<br>Split peas<br>Tempeh<br>Tofu<br>White beans   |   | Tur dal<br>White beans   |
| <b>DAIRY</b>        | Cow's milk (powdered)<br>Goat's milk (powdered)<br>Yogurt (plain, frozen or w/ fruit) | Most dairy is good!<br>Butter<br>Buttermilk<br>Butter<br>Cheese (hard)*<br>Cheese (soft)<br>Cottage cheese<br>Cow's milk<br>Ghee<br>Goat's cheese<br>Goat's milk<br>Ice cream*<br>Sour cream*<br>Yogurt (diluted & spiced)*   | Butter (salted)<br>Buttermilk<br>Cheese (hard)<br>Sour cream<br>Yogurt (plain, frozen or w/fruit)   | Butter (unsalted)<br>Cheese (soft, not aged, unsalted)<br>Cottage cheese<br>Cow's milk<br>Ghee<br>Goat's milk<br>Goat's cheese (soft, unsalted)<br>Ice cream<br>Yogurt (freshly made & diluted)* | Butter (salted)<br>Butter (unsalted)**<br>Cheese (soft & hard)<br>Cow's milk<br>Ice cream<br>Sour cream<br>Yogurt (plain, frozen or w/fruit)                                  | Buttermilk*<br>Cottage cheese (from skimmed goat's milk)<br>Ghee*<br>Goat's cheese (unsalted & not aged)*<br>Goat's milk, skim<br>Yogurt (diluted)   |
| <b>ANIMAL FOODS</b> | Lamb<br>Pork<br>Rabbit<br>Venison<br>Turkey (white)                                   | Beef<br>Buffalo<br>Chicken (dark)<br>Chicken (white)*<br>Duck<br>Eggs<br>Fish (freshwater or sea)<br>Salmon<br>Sardines<br>Seafood<br>Shrimp<br>Tuna fish<br>Turkey (dark)  | Beef<br>Chicken (dark)<br>Duck<br>Eggs (yolk)<br>Fish (sea)<br>Lamb<br>Pork<br>Salmon<br>Sardines<br>Seafood<br>Tuna fish<br>Turkey (dark)  | Buffalo<br>Chicken (white)<br>Eggs (albumen or white only)<br>Fish (freshwater)<br>Rabbit<br>Shrimp*<br>Turkey (white)<br>Venison  | Beef<br>Buffalo<br>Chicken (dark)<br>Duck<br>Fish (sea)<br>Lamb<br>Pork<br>Salmon<br>Sardines<br>Seafood<br>Tuna fish<br>Turkey (dark)  | Chicken (white)<br>Eggs<br>Fish (freshwater)<br>Rabbit<br>Shrimp<br>Turkey (white)<br>Venison  |
| <b>CONDIMENTS</b>   | Chocolate<br>Horseradish  | Black pepper*<br>Chutney, mango (sweet or spicy)<br>Chili peppers*<br>Coriander leaves*<br>Dulse<br>Gomasio<br>Hijiki<br>Kelp<br>Ketchup<br>Kombu<br>Lemon<br>Lime<br>Lime pickle<br>Mango pickle<br>Mayonnaise<br>Mustard<br>Pickles<br>Salt<br>Scallions<br>Seaweed<br>Soy sauce<br>Sprouts*<br>Tamari<br>Vinegar | Chili pepper<br>Chocolate<br>Chutney, mango (spicy)<br>Gomasio<br>Horseradish<br>Kelp<br>Ketchup<br>Mustard<br>Lemon<br>Lime pickle<br>Mango pickle<br>Mayonnaise<br>Pickles<br>Salt (in excess)<br>Scallions<br>Soy sauce<br>Vinegar | Black pepper*<br>Chutney, mango (sweet)<br>Coriander leaves<br>Dulse*<br>Hijiki*<br>Kombu*<br>Lime*<br>Sprouts<br>Salt*<br>Seaweed*<br>Tamari*   | Chocolate<br>Chutney, mango (sweet)<br>Gomasio<br>Kelp<br>Ketchup**<br>Lime<br>Lime pickle<br>Mango pickle<br>Mayonnaise<br>Pickles<br>Salt<br>Soy sauce<br>Tamari<br>Vinegar | Black pepper<br>Chili Peppers<br>Chutney, mango (spicy)<br>Coriander leaves<br>Dulse*<br>Hijiki*<br>Horseradish<br>Lemon*<br>Mustard (without vinegar)<br>Scallions<br>Seaweed*<br>Sprouts |
| <b>NUTS</b>         | None  | <i>In moderation:</i><br>Almonds Black walnuts<br>Brazil nuts<br>Cashews<br>Charole   | Almonds (with skin)<br>Black walnuts<br>Brazil nuts<br>Cashews<br>Filberts  | Almonds (soaked and peeled)<br>Charole<br>Coconut  | Almonds (soaked and peeled)**<br>Black walnuts<br>Brazil nuts<br>Cashews<br>Coconut   | Charole  |

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|--------------------|---|---|---|---|--|---|
|                    | AVOID   | FAVOR   | AVOID   | FAVOR   | AVOID  | FAVOR   |
| <b>NUTS</b>        |   | Coconut<br>Filberts<br>Hazelnuts<br>Macadamia nuts<br>Peanuts<br>Pecans<br>Pine nuts<br>Pistachios<br>Walnuts   | Hazelnuts<br>Macadamia nuts<br>Peanuts<br>Pecans<br>Pine nuts<br>Pistachios<br>Walnuts  |   | Filberts<br>Hazelnuts<br>Macadamia nuts<br>Peanuts<br>Pecans<br>Pine nuts<br>Pistachios<br>Walnuts   |   |
| <b>SEEDS</b>       | Popcorn<br>Psyllium**   | Chia<br>Flax<br>Halva<br>Pumpkin<br>Sesame<br>Sunflower<br>Tahini   | Chia<br>Sesame<br>Tahini  | Flax<br>Halva<br>Popcorn (no salt, buttered)<br>Psyllium<br>Pumpkin*<br>Sunflower   | Halva<br>Psyllium**<br>Sesame<br>Tahini  | Chia<br>Flax*<br>Popcorn (no salt, no butter)<br>Pumpkin*<br>Sunflower*   |
| <b>OILS</b>        | Flax seed   | <i>For internal &amp; external use:<br/>(most suitable at top of list)</i><br>Sesame<br>Ghee<br>Olive<br>Most other oils<br><br><i>External use only:</i><br>Coconut<br>Avocado   | Almond<br>Apricot<br>Corn<br>Safflower<br>Sesame  | <i>For internal &amp; external use:<br/>(most suitable at top of list)</i><br>Sunflower<br>Ghee<br>Canola<br>Olive<br>Soy<br>Flax seed<br>Primrose<br>Walnut<br><br><i>External use only:</i><br>Avocado<br>Coconut   | Avocado<br>Apricot<br>Coconut<br>Flax seed**<br>Olive<br>Primrose<br>Safflower<br>Sesame (internal)<br>Soy<br>Walnut   | <i>For internal &amp; external use in small amounts:<br/>(Most suitable at top of list)</i><br>Corn<br>Canola<br>Sesame (external)<br>Sunflower<br>Ghee<br>Almond   |
| <b>BEVERAGES</b>   | Alcohol (hard; red wine)<br>Apple juice<br>Black tea<br>Caffeinated beverages<br>Carbonated drinks<br>Chocolate milk<br>Coffee<br>Cold dairy drinks<br>Cranberry juice<br>Iced tea<br>Icy cold drinks<br>Pear juice<br>Pomegranate juice<br>Prune juice**<br>Soy milk (cold)<br>Tomato juice**<br>V-8 Juice | Alcohol (beer; white wine)*<br>Almond milk<br>Aloe vera juice<br>Apple cider<br>Apricot juice<br>Berry juice (except for cranberry)<br>Carob*<br>Carrot juice<br>Chai (hot spiced milk)<br>Cherry juice<br>Grain "coffee"<br>Grape juice<br>Grapefruit juice<br>Lemonade<br>Mango juice<br>Miso broth<br>Orange juice<br>Papaya juice<br>Peach nectar<br>Pineapple juice<br>Rice milk<br>Sour juices<br>Soy milk (hot & well-spiced)*<br>Vegetable bouillon | Alcohol (hard; red & sweet wine)<br>Apple cider<br>Berry juice (sour)<br>Caffeinated beverages<br>Carbonated drinks<br>Carrot juice<br>Cherry juice (sour)<br>Chocolate milk<br>Coffee<br>Cranberry juice<br>Grapefruit juice<br>Iced tea<br>Icy cold drinks<br>Lemonade<br>Papaya juice<br>Pineapple juice<br>Tomato juice<br>V-8 juice<br>Sour juices | Alcohol (beer; dry white wine)*<br>Almond milk<br>Aloe vera juice<br>Apple juice<br>Apricot juice<br>Berry juice (sweet)<br>Black tea*<br>Carob<br>Chai (hot, spiced milk)*<br>Cherry juice (sweet)<br>Cool dairy drinks<br>Grain "coffee"<br>Grape juice<br>Mango juice<br>Miso broth*<br>Mixed veg. juice<br>Orange juice*<br>Peach nectar<br>Pear juice<br>Pomegranate juice<br>Prune juice<br>Rice milk<br>Soy milk<br>Vegetable bouillon | Alcohol (hard; beer; sweet wine)<br>Almond milk<br>Caffeinated beverages**<br>Carbonated drinks<br>Cherry juice (sour)<br>Chocolate milk<br>Coffee<br>Cold dairy drinks<br>Grapefruit juice<br>Iced tea<br>Icy cold drinks<br>Lemonade<br>Miso broth<br>Orange Juice<br>Papaya juice<br>Rice milk<br>Sour juices<br>Soy milk (cold)<br>Tomato juice<br>V-8 Juice | Alcohol (dry wine, red or white)*<br>Aloe vera juice<br>Apple cider<br>Apple juice*<br>Apricot juice<br>Berry juice<br>Black tea (spiced)<br>Carob<br>Carrot juice<br>Chai (hot, spiced milk)*<br>Cherry juice (sweet)<br>Cranberry juice<br>Grain "coffee"<br>Grape juice<br>Mango juice<br>Peach nectar<br>Pear juice<br>Pineapple juice*<br>Pomegranate juice<br>Prune juice<br>Soy milk (hot & well-spiced) |
| <b>HERBAL TEAS</b> | Alfalfa**<br>Barley**<br>Basil**<br>Blackberry<br>Borage**  | Ajwan<br>Banchara<br>Catnip*<br>Chamomile<br>Chicory*   | Ajwan<br>Basil**<br>Clove<br>Eucalyptus<br>Fenugreek  | Alfalfa<br>Banchara<br>Barley<br>Blackberry<br>Borage   | Licorice**<br>Marshmallow<br>Red Zinger<br>Rosehip**   | Alfalfa<br>Banchara<br>Barley<br>Blackberry<br>Burdock  |

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|--------------------|---|--|--|---|-------|--|
|                    | AVOID   | FAVOR  | AVOID  | FAVOR   | AVOID | FAVOR  |
| <b>HERBAL TEAS</b> | Burdock<br>Cinnamon**<br>Corn silk<br>Dandelion<br>Ginseng<br>Hibiscus<br>Hops**<br>Jasmine**<br>Lemon balm**<br>Mormon tea<br>Nettle**<br>Passion flower**<br>Red clover**<br>Red Zinger**<br>Violet**<br>Yarrow<br>Yerba Mate** | Chrysanthemum*<br>Clove<br>Comfrey<br>Elder Flower<br>Eucalyptus<br>Fennel<br>Fenugreek<br>Ginger (fresh)<br>Hawthorne<br>Juniper berry<br>Kukicha*<br>Lavender<br>Lemon grass<br>Licorice<br>Marshmallow<br>Oat straw<br>Orange peel<br>Pennyroyal<br>Peppermint<br>Raspberry*<br>Rosehips<br>Saffron<br>Sage<br>Sarsaparilla<br>Sassafras<br>Spearment<br>Strawberry*<br>Wintergreen*  | Ginger (dry)<br>Ginseng<br>Hawthorne<br>Juniper berry<br>Mormon tea<br>Pennyroyal<br>Red Zinger<br>Rosehip**<br>Sage<br>Sassafras<br>Yerba Mate  | Burdock<br>Catnip<br>Chamomile<br>Chicory<br>Comfrey<br>Dandelion<br>Fennel<br>Ginger (fresh)<br>Hibiscus<br>Hops<br>Jasmine<br>Kukicha<br>Lavender<br>Lemon balm<br>Lemon grass<br>Licorice<br>Marshmallow<br>Nettle<br>Oat Straw<br>Passion flower<br>Peppermint<br>Raspberry<br>Red clover<br>Sarsaparilla<br>Spearment<br>Strawberry<br>Violet<br>Wintergreen<br>Yarrow |       | Chamomile<br>Chicory<br>Cinnamon<br>Clove<br>Comfrey*<br>Dandelion<br>Fennel*<br>Fenugreek<br>Ginger<br>Ginseng*<br>Hibiscus<br>Jasmine<br>Juniper berry<br>Kukicha<br>Lavender<br>Lemon balm<br>Lemon grass<br>Mormon tea<br>Nettle<br>Passion flower<br>Peppermint<br>Raspberry<br>Red clover<br>Sarsaparilla*<br>Sassafras<br>Spearment<br>Strawberry<br>Wintergreen<br>Yarrow<br>Yerba Mate  |
| <b>SPICES</b>      |   | <i>All spices are good</i><br>Ajwan<br>Allspice<br>Almond extract<br>Anise<br>Asafoetida (hing)<br>Basil<br>Bay leaf<br>Black pepper<br>Caraway<br>Cardamom<br>Cayenne*<br>Cinnamon<br>Cloves<br>Coriander<br>Cumin<br>Dill<br>Fennel<br>Fenugreek*<br>Garlic<br>Ginger<br>Marjoram<br>Mint<br>Mustard seeds<br>Nutmeg<br>Orange peel<br>Oregano<br>Paprika<br>Parsley<br>Peppermint<br>Pippali<br>Poppy seeds<br>Rosemary<br>Saffron<br>Salt<br>Savory<br>Spearment<br>Star anise | Ajwan<br>Allspice<br>Almond extract<br>Anise<br>Asafoetida (hing)<br>Basil (dry)<br>Bay leaf<br>Cayenne<br>Cloves<br>Fenugreek<br>Garlic<br>Ginger (dry)<br>Mace<br>Marjoram<br>Mustard seeds<br>Nutmeg<br>Oregano<br>Paprika<br>Pippali<br>Poppy seeds<br>Rosemary<br>Sage<br>Salt<br>Savory<br>Star anise<br>Thyme | Basil (fresh)<br>Black pepper*<br>Caraway*<br>Cardamom*<br>Cinnamon<br>Coriander<br>Cumin<br>Dill<br>Fennel<br>Ginger (fresh)<br>Mint<br>Neem leaves*<br>Orange peel*<br>Parsley*<br>Peppermint<br>Saffron<br>Spearment<br>Tarragon*<br>Turmeric<br>Vanilla*<br>Wintergreen   | Salt  | <i>All spices are good</i><br>Ajwan<br>Allspice<br>Almond extract<br>Anise<br>Asafoetida (hing)<br>Basil<br>Bay leaf<br>Black pepper<br>Caraway<br>Cardamom<br>Cayenne<br>Cinnamon<br>Cloves<br>Coriander<br>Cumin<br>Dill<br>Fennel*<br>Fenugreek<br>Garlic<br>Ginger<br>Marjoram<br>Mint<br>Mustard seeds<br>Neem leaves<br>Nutmeg<br>Orange peel<br>Oregano<br>Paprika<br>Parsley<br>Peppermint<br>Pippali<br>Poppy seeds<br>Rosemary<br>Saffron<br>Savory<br>Spearment<br>Star Anise |

|                         | VATA   |  | PITTA   |   | KAPHA  |  |
|-------------------------|--|--|---|---|--|--|
|                         | AVOID  | FAVOR  | AVOID   | FAVOR   | AVOID  | FAVOR  |
| <b>SPICES</b>           |  | Tarragon<br>Thyme<br>Turmeric<br>Vanilla<br>Wintergreen  |   |   |  | Tarragon<br>Thyme<br>Turmeric<br>Vanilla*<br>Wintergreen   |
| <b>SWEETENERS</b>       | Maple syrup**<br>White sugar                             | Barley malt<br>Fructose<br>Fruit juice concentrates<br>Honey<br>Jaggary<br>Molasses<br>Rice syrup<br>Dried or fresh sugar cane juice<br>Turbinado  | White sugar**<br>Honey**<br>Jaggary<br>Molasses   | Barley malt<br>Fructose<br>Fruit juice concentrates<br>Maple syrup<br>Rice syrup<br>Dried or fresh sugar cane juice<br>Turbinado  | Barley Malt<br>Fructose<br>Jaggary<br>Maple syrup<br>Rice syrup<br>Dried or fresh sugar cane juice<br>Turbinado<br>White sugar | Fruit juice concentrates<br>Honey (raw & not processed)  |
| <b>FOOD SUPPLEMENTS</b> | Barley green<br>Brewer's yeast<br><br><b>Vitamins: K</b> | Aloe vera juice*<br>Bee pollen<br>Amino acids<br><br><b>Minerals:</b> calcium, copper, iron, magnesium, zinc<br><br>Royal jelly<br>Spirulina<br>Blue-green algae<br><br><b>Vitamins:</b> A, B1, B2, B6, B12, C, D, E, P (bioflavonoids) and Folic Acid | Amino acids<br>Bee pollen**<br>Royal jelly**<br><br><b>Minerals:</b> copper, iron<br><br><b>Vitamins:</b> B2, B6, C, E, P (bioflavonoids), and Folic Acid | Aloe vera juice<br>Barley green<br>Brewer's yeast<br><br><b>Minerals:</b> calcium, magnesium, zinc<br><br>Spirulina<br>Blue-green algae<br><br><b>Vitamins:</b> A, B1, B12, D and K | <b>Minerals:</b> potassium<br><br><b>Vitamins:</b> A, B1, B2, B12, D, and E  | Aloe vera juice<br>Amino acids<br>Barley green<br>Bee pollen<br>Brewer's yeast<br><br><b>Minerals:</b> copper, calcium, iron, magnesium, zinc<br><br>Royal jelly<br>Spirulina<br>Blue-green algae<br><br><b>Vitamins:</b> B6, C, P (bioflavonoids), and Folic Acid |