



# FOODS HEAL

## ● Food Guidelines For Pitta-Kapha

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

### Anti-Inflammatory • 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	Generally most sour fruits	Generally most sweet fruits	
	Apples(sour) Apricots(sour) Bananas Berries(sour) Cherries(sour) Grapefruit Grapes(green) Kiwi Oranges(sour)	Avocado Coconut Cranberries Dates Figs, dry Grapes(red & purple) Lemons Limes Mangoes(ripe)	Melons Oranges(sweet) Papaya Peaches Persimmons Pineapple(sweet) Plums(sweet) Strawberries Watermelon
VEGETABLES		Generally most sweet vegetables	Generally most bitter vegetables
	Olives, green Tomatoes(raw)	Beet greens Beets(raw) Burdock root Carrots(raw) Corn Cucumber Daikon radish Eggplant Garlic Green chilies Horseradish Kohlrabi Leeks(raw) Mustard greens Olives(black)	Onions (raw) Peppers(hot) Potatoes, sweet Prickly pear (fruit) Pumpkin Radishes (raw) Spaghetti squash Spinach Squash, winter Taro root Tomatoes (cooked) Turnip greens Turnips Watercress Zucchini
			Artichoke Asparagus Beets (cooked) Bitter melon Broccoli Brussels sprouts Cabbage Carrots (cooked) Cauliflower Celery Cilantro Dandelion greens Fennel(Anise) Green beans Jerusalem artichoke Kale Leafy greens
			Leeks(cooked) Lettuce Mushrooms Okra Onions(cooked) Parsley Parsnip Peas Peppers, sweet Potatoes, white Prickly pear(leaves) Radishes(cooked) Rutabaga Sprouts(not spicy) Squash, summer Wheat grass sprouts

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

NUTS/BUTTERS						
	Almonds(with skins) Black Walnuts Brazil nuts Cashews Filberts Hazelnuts	Macadamia nuts Peanuts Pecans Pine nuts Pistachios Walnuts	Almonds(soaked and pealed) Coconut		Charole	
SEEDS/BUTTERS						
	Sesame Tahini		Chia Flax Halva Popcorn(no salt, but- tered)	Psyllium Pumpkin Sunflower	Popcorn (no salt, butter)	
OILS						
	<i>For internal &amp; external use</i> Apricot Safflower <i>For internal use only:</i> Sesame	<i>For internal &amp; external use</i> <i>Most suitable at top of list</i> Corn Almond Olive Soy Flaxseed Primrose Walnut	<i>External use only:</i> Avocado Coconut Sesame	<i>For internal &amp; external use</i> <i>Most suitable at top of list in small amounts:</i> Sunflower Ghee Canola		
BEVERAGES						
	Alcohol(hard; sweet wine) Caffeinated beverages Carbonated drinks Cherry juice(sour) Chocolate milk Coffee Grapefruit juice Iced tea Icy cold drinks	Lemonade Papaya juice Sour juices Tomato juice V-8 juice  <i>Herb teas:</i> Red Zinger Rosehips	Alcohol(beer; dry red or white wine) Almond milk Apple cider Apple juice Berry juice(sour) Carrot juice Chai(hot, spiced milk) Cherry juice(sour) Cool dairy drinks Cranberry juice Miso broth Orange juice(sweet) Pineapple Rice milk Vegetable Bouillon <i>Herb teas:</i> Ajwan Basil Borage Catnip	Cinnamon Clove Comfrey Eucalyptus Fenugreek Ginger(dry) Ginseng Hawthorne Hops Hyssop Juniper berry Licorice Marshmallow Mormon tea Pennyroyal Sage Sarsaparilla Sassafras Violet Yerba Mate	Aloe vera juice or gel Apricot juice Berry juice(sweet) Black Tea(spiced) Carob Cherry juice(sweet) Grain coffee Grape juice Mango juice Mixed vegetable juice Peach nectar Pear juice Pomegranate juice Prune juice Soy milk(hot and well spiced) <i>Herb teas:</i> Alfalfa Banchar Barley Blackberry	Burdock Chamomile Chicory Dandelion Fennel Ginger(fresh) Hibiscus Jasmine Kukicha Lavender Lemon balm Lemon grass Nettle Passion flower Peppermint Raspberry Red Clover Spearmint Strawberry Wintergreen Yarrow

SPICES					
	Salt	Ajwan Allspice Almond extract Anise Asafoetida(hing) Basil(dry) Bay leaf Black pepper Caraway Cardamom Cayenne Cloves Fennel Fenugreek Garlic Ginger(dry) Mace	Marjoram Mustard seeds Neem leaves Nutmeg Orange peel Oregano Paprika Parsley Pippali Poppy seeds Rosemary Sage Savory Star anise Tarragon Thyme Vanilla	Basil(fresh) Cinnamon Coriander Cumin Dill Ginger(fresh)	Mint Peppermint Saffron Spearmint Turmeric Wintergreen
SWEETENERS					
	Jaggary Molasses White sugar	Barley malt Fructose Honey(raw, not processed) Maple syrup	Rice syrup Sucanat Turbinado	Fruit juice concentrates	
FOOD SUPPLEMENTS					
	<i>Vitamins:</i> B2, C & E	Amino acids Bee pollen Royal jelly <i>Minerals:</i> Potassium,	Copper & Iron <i>Vitamins:</i> A, B1, B6, B12, E, K, Bioflavaniods Folic acid, & D	Aloe vera juice Barley green Brewer's yeast Spirulina	Blue-green algae <i>Minerals:</i> Calcium, Magnesium, & Zinc

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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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