

Table 5

# 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.*

	VATA		PITTA		KAPHA	
	NO ▲	YES ▼	NO ▲	YES ▼	NO ▲	YES ▼
<b>FRUITS</b>  ▲ Aggravated dosha ▼ Balances dosha	Dried Fruits Apples Cranberries Pears Persimmon Pomegranate Watermelon	Sweet Fruits Apricots Avocado Bananas Berries Cherries Coconut Figs (fresh) Grapefruit Grapes Lemons Mango Melons (sweet) Oranges Papaya Peaches Pineapples Plums	Sour Fruits Apricots Berries Bananas Cherries Cranberries Grapefruit Grapes (green) Lemons Oranges (sour) Papaya Peaches Pineapples (sour) Persimmon Plums (sour)	Sweet Fruits Apples Avocado Coconut Figs Grapes (dark) Mango Melons Oranges (sweet) Pears Pineapples (sweet) Plums (sweet) Pomegranate Prunes Raisins	Sweet & Sour Fruits Avocado Bananas Coconut Figs (fresh) Grapefruit Grapes Lemons Melons Oranges Papaya Pineapples Plums	Apples Apricots Berries Cherries Cranberries Figs (dry) Mango Peaches Pears Persimmon Pomegranate Prunes Raisins
<b>VEGETABLES (Raw)</b>	Broccoli Brussels Sprouts Cabbage Cauliflower Celery Eggplant Leafy Greens* Lettuce* Mushrooms Onions (raw) Parsley* Peas Peppers Potatoes (white) Spinach* Sprouts* Tomatoes	Cooked Vegetables Asparagus Beets Carrots Cucumber Garlic Green Beans Okra (cooked) Onion (cooked) Potato (sweet) Radishes Zucchini	Pungent Vegetables Beets Carrots Eggplant Garlic Onions Peppers (hot) Radishes Spinach Tomatoes	Sweet & Bitter Vegetables Asparagus Broccoli Brussels Sprouts Cabbage Cucumber Cauliflower Celery Green Beans Leafy Greens Lettuce Mushrooms Okra Peas Parsley Peppers (green) Potatoes Sprouts Zucchini	Sweet & juicy Vegetables Cucumber Potatoes (sweet) Tomatoes Zucchini	Pungent & Bitter Vegetables Asparagus Beets Broccoli Brussels Sprouts Cabbage Carrots Cauliflower Celery Eggplant Garlic Leafy Greens Lettuce Mushrooms Okra Onions Parsley Peas Peppers Potatoes (white)
	* - These Vegetables are OK in moderation, with oil dressing.					
<b>GRAINS</b>	Barley Buckwheat Corn Millet Oats (dry) Rye	Oats (cooked) Rice Wheat	Buckwheat Corn Millet Oats (dry) Rice (brown) Rye	Barley Oats (cooked) Rice (basmati) Rice (white) Wheat	Oats (cooked) Rice (brown) Rice (white) Wheat	Barley Corn Millet Oats (dry) Rice (basmati, small amount) Rye

Table 5, *continue*

	VATA		PITTA		KAPHA	
	NO ▲	YES ▼	NO ▲	YES ▼	NO ▲	YES ▼
<b>ANIMAL FOODS</b>	Lamb Pork Rabbit Venison Seafood	Beef Chicken or Turkey (white meat) Eggs (fried or scrambled)	Beef Eggs (yolk) Lamb Pork Seafood	Chicken or Turkey (white meat) Eggs (white) Rabbit Shrimp (small amount) Venison	Beef Lamb Pork Seafood	Chicken or Turkey (dark meat) Eggs (not fried scrambled) Rabbit Shrimp Venison
▲ Aggravated dosha ▼ Balances dosha						
<b>LEGUMES</b>	No Legumes except Mung Beans, Tofu, Black & Red Lentils		All Legumes OK except Lentils		All Legumes are Good except Kidney Beans. Soy Beans. Black Lentils & Mung Beans	
<b>NUTS</b>	All Nuts are OK in Small Quantities		No Nuts except Coconut		No nuts at All	
<b>SEEDS</b>	All Seeds are OK (in moderation)		No Seeds except Sunflower & Pumpkin		No Seeds except Sunflower & Pumpkin	
<b>SWEETENERS</b>	All Sweeteners are OK except White Sugar		All Sweeteners are OK except Molasses & Honey		No Sweeteners except Raw Honey	
<b>CONDIMENTS</b>	All Spices are Good		No Spices except Coriander, Cinnamon, Cardamom. Fennel, Turmeric & Small Amount of Black Pepper.		All Spices are Good Except Salt	
<b>DAIRY</b>	All Dairy Products are OK (in moderation)		Buttermilk Cheese Sour Cream Yogurt Almond	Butter (unsalted) Cottage Cheese Ghee Milk Coconut		
<b>OILS</b>	All Oils are Good		Corn Safflower Sesame	Olive Sunflower Soy	No Oils except Almond. Corn or Sunflower in Small amounts.	