

Nutritional tips for your dosha type

	Vata	Pitta	Kapha
Generally	<p>As a Vata type or if you have a Vata imbalance you should preferably eat regularly and sufficiently. Hot food with some grease or oil (not too dry) is best for you. Also beverages should be warm. Favour sweet, sour and salty flavours.</p> <p>Avoid large amounts of dry and cold foods and drinks, especially those mixed with ice, and large amounts of foods that taste pungent, bitter or astringent.</p>	<p>Pitta people should make sure that food is not too hot and that drinks are preferably cold or lukewarm. To cool the fiery Pitta dosha favour sweet, bitter and astringent tastes.</p> <p>On the other hand avoid large amounts of hot and spicy, sour and salty, or heating foods and drinks. They are not good for the Pitta type.</p>	<p>As a Kapha type favour a light diet, hot meals and drinks. Pungent (spicy), bitter, astringent, light, low-fat (dry) and hot foods are all beneficial.</p> <p>If possible reduce or avoid oily foods, sumptuous meals, cold or iced foods and drinks that taste mostly sweet, sour or salty.</p>
Cereals	Wheat, rice, oatmeal cooked in small quantities.	Wheat, rice, barley, millet, corn and oats.	Cereals, if possible, long stored. Barley, millet, corn, Buckwheat, rye, oats, wheat, rice.
Beans / Dhal	Yellow mung beans, red lentils	Yellow mung beans, small kidney beans, soy products.	All types except tofu
Vegetable	White pumpkin, zucchini, okra, artichokes, asparagus, young eggplant, carrots, beets, sweet potatoes with butter, tomatoes, cucumber, radish young, celery, green papaya, spinach in small quantities	Asparagus, artichokes, white pumpkin, okra, zucchini, spinach, chicory, cauliflower, broccoli, cabbage, green beans, celery, potatoes, sweet potatoes, peas, green peppers, green papaya, sprouts, lettuce, young eggplant, young radish (with ghee or butter)	Green leafy vegetables, asparagus, artichokes, potatoes, carrots, cabbage, beets (in small amounts), cauliflower, broccoli, celery, peas, peppers, sprouts, white pumpkin, zucchini, green papaya, tomatoes, young eggplant, young radish.



	Vata	Pitta	Kapha
Dairy products	All types of dairy products. Cheese should be soft and fresh.	Ghee, milk, butter, buttermilk, lassi (sweet), cream, cream cheese	Lassi and butter milk, skim milk, ghee and milk in small amounts
Sweeteners	All sugar cane products, little honey	White or semi-refined sugar, honey in small quantities (but only if the body does not feel hot)	Honey
Oils	All types	Coconut oil, olive oil, sunflower oil	Corn oil, sesame oil, mustard oil, ghee, all kinds in small amounts
Nuts, Seeds	All nuts and seeds in small amounts	Coconut	Sunflower seeds, pumpkin seeds, cashews
Spices	Cumin, ginger, mustard seeds, fenugreek seeds, asafoetida, cinnamon, cardamom, cloves, anise, fennel, black pepper (in small amounts), salt, lemon juice. All other spices in small quantities	Coriander, cumin, ginger (in small amounts), turmeric, saffron, fennel, cinnamon, cloves, cardamom	All the spices except salt, more pungent spices (pepper, ginger, etc.), lemon juice in small amounts.
Fruits	Ripe, sweet and juicy fruit. Grapes, pomegranate, mango, papaya, sweet pineapple, banana, avocado, sweet and juicy apples and pears, sweet oranges, melons, plums, cherries, raisins, dates, prunes, figs, kiwi, peaches, apricots. Dried fruits should be soaked.	Grapes, pomegranates, bananas, avocado, mango, melons, apples, pears, raisins, dates, figs, apricots, sweet orange, grapefruit, olive, sweet pineapple, papaya (in small amounts), kiwis.	Pomegranates, grapes, cranberries, raisins, figs, dates (preferably with honey), peaches, apples, papaya, guava