

## Kapha Pacifying Diet

### ***Favor the following foods***

General	Lighter diet. Dry, warm food & drink. Bitter, astringent and pungent (hot) tastes. Vegetarian food
Grains	Barley, millet, corn, buckwheat, rye; occasionally amaranth, wheat, rice
Beans/Dhal	All except tofu (edamame is ok) and urad dhal (black grams)
Vegetables	Green leafy vegetables, asparagus, artichoke, cabbage, cauliflower, broccoli, kale, celery, peas, zucchini, okra, tender eggplant, tender radish, daikon
Dairy	Takra (a dilute form of Lassi: freshly made, plain yogurt mixed 1:4 or 1:6 with water, cumin, pepper & salt) at lunch; skim or low fat milk
Sweeteners	Honey in small amounts
Oils	Ghee, olive oil, mustard oil in small amounts
Nuts/seeds	Sunflower, pumpkin in small quantities
Spices	All
Fruits	Apple, pear, pomegranate, persimmon, cranberry, peach, papaya, guava, grapes, raisins, lemon juice (small amounts)

### ***Avoid or reduce the following foods:***

General	Large meals especially in evening. Oily, fried, cold, heavy food and ice water/cold drinks. Sweet, sour, salty tastes
Grains	New grains, especially wheat and rice that have been aged less than a year
Beans/Dhal	Tofu, processed soy products, urad dhal (black grams)
Vegetables	Root vegetables
Dairy	Yogurt (undiluted), cheese, cream, sour cream, butter, whole milk
Sweeteners	Sugar cane products
Oils	All except ghee, olive oil, mustard oil in small amounts
Nuts/seeds	All nuts
Spices	Salt (except in small amounts)
Fruits	Avocado, banana, orange, plums, melon, mango, apricot, coconut, pineapple

Animal flesh, especially red meats, and eggs are not supportive of long term health