

## Vata Pacifying Diet

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

General	Sufficient quantity of warm, unctuous food and warm beverages. Sweet, sour and salty tastes
Grains	Whole wheat, white, red or brown rice, cooked oats, semolina, quinoa, couscous, bulgur wheat, pasta, farro, kamut, spelt; on occasion—amaranth
Beans/Dhal	Yellow mung dhal, red lentils, whole mung beans, French lentils
Vegetables	Asparagus, artichoke, fennel, zucchini, okra, cucumber, chard, beets, carrots, tender (baby) eggplant, spinach; occasionally in small quantity: tomato, sweet potato, winter squashes, leek, peas, snow peas
Dairy	Whole milk, butter, cream, sour cream, yogurt, fresh cheeses (e.g., mozzarella, panir, cream cheese), sweet lassi, salty lassi; avoid cheese, yogurt and sour cream in the evening
Sweeteners	Whole cane sugar, maple syrup or date sugar in small amounts
Oils	Ghee, olive, sesame, sunflower
Nuts/seeds	All nuts and seeds, except peanuts—roasted or soaked in water
Spices	Coriander, cumin, ginger, turmeric, saffron, fennel, cinnamon, cardamom, cloves, anise, mustard seeds, fenugreek, hing (asafetida), salt, lemon juice, tamarind, basil, parsley, cilantro
Fruits	Sweet, ripe, juicy fruits; soak dried fruits overnight before eating; grapes, mango, kiwi, melons, raisins, dates, figs, apricot, peach, plums, cherries, berries, sweet orange, sweet pineapple, ripe banana; apples and juicy pears (lightly cooked)

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

General	Light, dry and raw foods. Cold food and drinks. Pungent, bitter and astringent tastes
Grains	Barley, millet, corn, buckwheat, rye, raw oats
Beans/Dhal	Large beans – especially pinto, kidney and black beans
Vegetables	Salads and raw vegetables, potato, brussels sprouts, red radish, mature eggplant, peppers, cauliflower, cabbage
Spices	Chili, cayenne, and other hot spices
Fruits	Unripe, dry, or sour fruits; guava, cranberries, persimmon, papaya

If instructed to avoid heavy foods, omit animal flesh, cheese, nut butters, undiluted yogurt, sour cream, banana, avocado, root vegetables except carrots, deep fried foods, and heavy desserts.

If non-vegetarian, take fish or poultry at lunchtime only. Avoid red meats.