



Kapha Pacifying Diet

A *kapha* pacifying diet favors warm foods and hot beverages. Eat a minimum of oil and fat. Avoid cold drinks, cold food, and frozen desserts, such as: ice cream, popsicles, frozen yogurt, etc. Avoid leftovers, canned, bottled, or packaged foods, frozen foods, processed foods, rich, creamy foods, sweets, salty foods and alcohol.

Eat mainly freshly prepared vegetable and legume dishes, with proportionately smaller amounts of grains and fruits. The food should be spiced according to taste.

Favor the Following Foods

• **IN GENERAL:** Enjoy a lighter diet of less rich foods. Favor dry, light and crunchy foods. Favor pungent (hot, spicy), bitter and astringent tastes.

• **LEGUMES:** Mung, lentils & beans.

• **GRAINS:** **Barley**, millet, corn, buckwheat, rye, quinoa, couscous and oats and whole grain breads (toasted).

• **VEGETABLES:** All **green leafy vegetables**, carrot, beets, white potatoes, artichoke, **broccoli**, corn, celery, cabbage, cauliflower, peas, bell pepper, green beans & peas, sprouts, tender radish. **In small amounts:** tomato, asparagus, zucchini.

• **FRUITS:** Apples, pears, figs, papaya, **guava**, **pomegranate**, cranberries, **persimmon** and dry fruits (sulfur free).

• **DAIRY & BEVERAGES:** Organic skim milk (boiled and served hot), small amounts of ghee. Tea, herbal tea, spice or cinnamon tea.

• **SPICES:** Heating spices - ginger, black pepper, cumin, mustard seeds, ajwain, saffron, hing, cinnamon, cardamom, cloves, anise, fennel, coriander, dill, mint, garlic, nutmeg, tamarind, sea salt, lemon juice.

• **NUTS & SEEDS:** Small portions of sunflower, sesame and pumpkin seeds, pecans and walnuts.

• **OILS:** Mustard, corn, sesame, olive, flaxseed (all used sparingly). Ghee in small amounts. Use *kapha* oil for daily massage before bathing.

• **SWEETENERS:** Raw honey which is not baked or cooked. (only add after heating has ceased) and *jaggery*.

• **NON-VEGETARIAN:** Chicken

Reduce the Following Foods

• **IN GENERAL:** **Avoid large quantities of food**—especially at night. Avoid oily and greasy (deep fried) foods, cold (raw) or re-heated foods, heavy foods such as frozen or canned foods and sweet, sour and salty tastes.

• **LEGUMES:** Tofu, tempeh, chick peas and soy.

• **GRAINS:** Wheat, rice, all yeasted or sourdough **bread**s.

• **VEGETABLES:** **Sweet potatoes**, tapioca and cucumber.

• **FRUITS:** **Strictly avoid** avocado and banana.

• **DAIRY & BEVERAGES:** Cold water or drinks, cheese, ice cream, sour cream and yoghurt.

• **SWEETENERS:** White, refined sugar, cake and chocolate.

• **NON-VEGETARIAN:** **Eggs, meat, seafood.**