



ANTI-KAPHA DIETETICS (Correct Food for Kapha Dosha)

“Food is Medicine and Medicine is Food” – remember this.

The primary consideration in Ayurveda when selecting food and herbs is in recognising taste. There are six tastes; three of which reduce a Dosha, and three of which increase that same Dosha. Tastes which increase Kapha are sweet, salty, and sour. Tastes which reduce Kapha are pungent, astringent, and bitter. Eat herbs and food that contain more of these three tastes. Food items on the list below have been pre-selected with this primary consideration in mind. Please make sure you select food items from the list. What is not on the list you must avoid eating.

Ideal cooking styles for Kapha people include Indian (spicy, avoid creamy dishes and breads), and Chinese (spicy) or Western dishes cooked with more spices. Thai dishes can be suitable but avoid adding oil, sugar, and salt (fish sauce), eat with less rice and more vegetables.

Kapha people should take food that is light, dry, and warm. Water should be taken hot and in reduced amounts. They must reduce sweet foods (including rice, noodles, and bread), use only minimal amounts of oil or butter. Meals should not be consumed when emotionally unstable or lazy. Remember the golden rules in regard to food; **eat only when hungry; eat small meals; eat your last meal at least four hours before bedtime; and eat food chosen from the food list.** If you are hungry before bed then take suitable fruits only.

*** Food items marked with an asterisk should be taken occasionally or not at all**

<u>FRUITS</u>	<u>GRAINS</u>
<i>Generally most astringent fruits and not too sweet or juicy</i>	Amaranth*
Strawberries*	Barley
Apples	Buckwheat
Applesauce	Cereal (cold, Dry Or Puffed)
Apricots	Corn
Berries	Couscous
Cherries* (only when not sweet)	Crackers
Cranberries	Durham Flour
Figs (Dry)*	Granola
Grapes*	Millet
Guava	Muesli
Jackfruit* (seasonal)	Oat Bran
Lemons*	Oats (dry)
Limes*	Polenta
Longan* (seasonal)	Quinoa*
Lychees*	Rice(Basmathi, Wild)*
Peaches * (not sweet and juicy)	Rye
Pears	Sago
Persimmons	Seitan (Wheat Meat)
Pomegranates	Sprouted Wheat Bread (essene)
Prunes	Tapioca
Raisins	Wheat Bran
Rambutan* (seasonal)	



VEGETABLES*In General Most Pungent & Bitter Vegetables*

Artichoke	Leeks
Asparagus	Lettuce
Beet Greens	Mushrooms
Bitter Melon	Mustard Greens
Broccoli	Okra
Brussels Sprouts	Parsley
Cabbage	Peas
Carrots	Peppers, Sweet & Hot
Cauliflower	Prickly Pears
Celery	Radishes
Cilantro	Rutabaga
Corn	Shallot
Daikon Radish	Spaghetti
Dandelion Greens	Squash*
Eggplant	Spinach Sprouts
Fennel(anise)	Squash (summer)
Garlic	Tomatoes (yellowish and cooked)
Green Beans	Turnip Greens
Green Chillies	Turnips
Horseradish	Watercress
Jerusalem Artichoke	Wheatgrass Sprouts
Kale	
Kohlrabi	
Leafy Greens	

LEGUMES

Adzuki Beans
 Black Beans
 Black-eyed Peas
 Garbanzo Beans
 Kidney beans
 Lentils (Red & Brown)
 Lima Beans
 Mung Beans/Dhal
 Tur Dhal
 Navy Beans
 Peas (Dried)
 Pinto Beans
 Split Peas
 Tempeh
 Tofu (Hot)*
 White Bean

DAIRY

Cottage Cheese (Skimmed Or Goats Milk)
 Ghee*
 Goats Cheese (unsalted & Not Aged)*
 Goats Milk, Skim
 Yogurt (Goat milk)

ANIMAL FOOD

Chicken (White)
 Eggs*
 Fish (Freshwater)
 Rabbit
 Turkey (White)
 Venison

NUTS

Charoli

SEEDS

Chia
 Flax*
 Popcorn (no Salt Or Butter)
 Psyllium
 Sunflower *

SWEETENERS

Fruit Juice Concentrates
 Honey (Raw & Not Processed)



OILS

Canola
 Corn
 Ghee
 Sesame
 Sunflower

CONDIMENTS

Black Pepper
 Chilly Pepper
 Chutney, Mango (Spicy)
 Coriander Leaves
 Horseradish
 Lemon*
 Mustard (Without Vinegar)
 Scallions
 Seaweed*
 Sprouts

BEVERAGES

Alcohol(dry Wine, Red Or White)
 Aloe Vera Juice
 Apple Cider*
 Apple Juice*
 Apricot Juice
 Black Tea (Spiced)
 Carob
 Carrot Juice
 Chai (hot tea, Spiced Goat or Soya Milk)*
 Cranberry Juice
 Grain Coffee
 Grape Juice
 Peach Nectar
 Pear Juice
 Pineapple Juice*
 Pomegranate Juice
 Prune Juice
 Soy Milk (hot & Well Spiced)

SPICES

**All Spices Are Good*

Ajwan
 Allspice
 Almond Extract
 Anise
 Asafoetida
 Basil
 Bay Leaf
 Black Pepper
 Caraway
 Cardamom
 Cayenne
 Cloves
 Cinnamon
 Coriander
 cocoa
 Cumin
 Curry Leaves
 Dill
 Fennel*
 Fenugreek
 Garlic
 Ginger
 Mace
 Marjoram
 Mint
 Mustard Seeds
 Neem Leaves
 Nutmeg
 Orange Peel
 Oregano
 Paprika
 Parsley
 Peppermint
 Pippali
 Poppy Seeds
 Rosemary
 Saffron
 Sage
 Savory
 Spearmint

Star Anise
 Tarragon
 Thyme
 Turmeric
 Wintergreen

