



ANTI-KAPHA DIETETICS (Correct Food for Kapha Dosha):

“Food is Medicine and Medicine is Food”

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 that increase Kapha are sweet, salty, and sour. Tastes that 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 should 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 and less oil. 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. Kaphas must reduce sweet foods (including rice, noodles, and bread), and 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.

<p><u>FRUITS</u> <i>Generally most astringent or dry fruits</i></p> <p>Apples Applesauce Apricots Berries Cherries Cranberries Figs (Dry)* Grapes* Guava Jackfruit* (seasonal) Lemons* Limes* Longan* (seasonal) Lychees* Peaches Pears Persimmons Pomegranates Prunes Raisins Rambutan* (seasonal) Strawberries*</p>	<p><u>VEGETABLES</u> <i>In General Most Pungent & Bitter Vegetables</i></p> <p>Artichoke Asparagus Beet Greens Beets Bitter Melon Broccoli Brussels Sprouts Cabbage Carrots Cauliflower Celery Cilantro (Coriander) Corn Daikon Radish Dandelion Greens Eggplant Fennel (anise) Garlic Green Beans Green Chillies Horseradish Jerusalem Artichoke Kale Kohlrabi Leafy Greens Leeks Lettuce Mushrooms Mustard Greens Okra</p>	<p><u>VEGETABLES cont.</u> <i>In General Most Pungent & Bitter Vegetables</i></p> <p>Onions Parsley Peas Peppers, Sweet & Hot Prickly Pears Radishes Rutabaga Spaghetti Squash* Spinach Sprouts Squash (summer) Tomatoes (yellowish and cooked) Turnip Greens Turnips Watercress Wheatgrass Sprouts</p> <p><u>DAIRY</u> <i>No Dairy except Ghee and Goat milk</i></p> <p>Buttermilk* Cottage Cheese (Skimmed Or Goats Milk) Ghee* Goats Cheese (unsalted & Not Aged)* Goats Milk, Skim Yoghurt (Goat milk)</p>
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<p><u>GRAINS</u> <i>Avoid wheat and rice (except basmati)</i></p> <p>Amaranth* Barley Buckwheat Cereal (cold, Dry Or Puffed) Corn Couscous Crackers Durham Flour Granola Millet Muesli Oat Bran Oats (dry) Polenta Quinoa* Rice (Basmati, Wild)* Rye Sago Seitan (Wheat Meat) Sprouted Wheat Bread (essene) Tapioca Wheat Bran</p> <p><u>LEGUMES</u> <i>Most legumes are good</i></p> <p>Adzuki Beans Black Beans Black-eyed Peas Garbanzo Beans (Chick Peas) Lentils (Red & Brown) Lima Beans Mung Beans/Dhal Tur Dhal Navy Beans Peas (Dried) Pinto Beans Soy Sausages Split Peas Tempeh Tofu (Hot)* White Bean</p>	<p><u>ANIMAL FOOD</u></p> <p>Chicken (White) Eggs Fish (Freshwater) Rabbit Shrimps Turkey (White) Venison</p> <p><u>NUTS</u> <i>Avoid nuts</i></p> <p>Charole</p> <p><u>SEEDS</u></p> <p>Chia Flax* Popcorn (no Salt Or Butter) Pumpkin Sunflower</p> <p><u>SWEETENERS</u></p> <p>Fruit Juice Concentrates* (esp. apple and pear) Honey (Raw & Not Processed)</p> <p><u>OILS</u> <i>Use all oils very sparingly</i></p> <p>Almond Canola Corn Ghee Sesame Sunflower</p>	<p><u>SPICES</u> <i>*All Spices Are Good</i></p> <p>Ajwan Allspice Almond Extract Anise Asafoetida Basil Bay Leaf Black Pepper Caraway Cardamom Cayenne Cloves Cinnamon Coriander 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 Vanilla* Wintergreen</p>
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<p><u>CONDIMENTS</u> <i>Avoid salt</i></p> <p>Black Pepper Chilly Pepper Chutney, Mango (Spicy) Coriander Leaves Horseradish Lemon* Mustard (Without Vinegar) Scallions Seaweed* Sprouts</p>	<p><u>BEVERAGES</u> <i>Avoid icy cold drinks. Dilute fruit juices with water</i></p> <p>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)* Cherry Juice (but not sour) Cranberry Juice Grain Coffee Grape Juice Peach Nectar Pear Juice Pineapple Juice* Pomegranate Juice Prune Juice Soy Milk (hot & Well Spiced)</p>
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* Food items marked with an asterix should be taken occasionally or not at all

