



ANTI-PITTA DIETETICS (Correct Food for Pitta 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 Pitta are pungent (spicy and oily), salty, and sour. Tastes which reduce Pitta are bitter, sweet, and astringent. 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 Pitta people include western, Mediterranean, and Chinese (mild).

Pitta people should take food that is not too hot in temperature nor cooked with too much oil. Meals should not be consumed when angry, irritable or upset. 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**

FRUITS <i>Generally most sweet fruits</i>		VEGETABLES <i>In general sweet and bitter vegetables</i>		VEGETABLES <i>continued</i> <i>In general sweet and bitter vegetables</i>
Apples (sweet)	Rambutan	Acorn squash	Mushrooms	Olives, black
Applesauce	(seasonal)	Artichoke	Okra	Onions (cooked)
Apricots (sweet)	Raisins	Asparagus		Parsley
Avocado*	Strawberries	Beets (cooked)		Parsnips
Berries (sweet)	(sweet)	Bell pepper		Peas
Cherries (sweet)	Watermelon	Bitter melon		Peppers (green)
Coconut		Broccoli		Peppers, sweet
Dates		Brussels sprouts		Potatoes, sweet and white
Durian* (in season in small amounts)		Burdock root		Prickly pear (leaves)
Figs		Butternut squash		Pumpkin
Grapes (red and purple)		Cabbage		Radishes (cooked)
Guava*		Carrots (cooked)		Rutabaga
Longan* (seasonal)		Cauliflower		Spaghetti squash
Lychees*		Celery		Sprouts (not spicy)
Mangoes (ripe)		Cilantro		Squash, winter and summer
Melons		Corn (fresh)		Scallopini Squash
Papaya* (sweet)		Cucumber		Taro root
Oranges (sweet)		Dandelion greens		Wheatgrass sprouts
Peach (sweet)		Fennel (anise)		Watercress
Pears		Green beans		Winter squash
Persimmon*		Jerusalem artichoke		Zucchini
Pineapple* (sweet)		Jicama		
Plums (sweet)		Kale		
Pomegranate*		Leafy greens		
Prunes		Leeks (cooked)		
Quince (sweet)		Lettuce		



<u>GRAINS</u>	<u>ANIMAL</u>	<u>BEVERAGES</u>
<p>Amaranth Barley Cereal, dry Couscous Corn Crackers Durham flour Granola Oat bran Oats (Cooked) Pancakes Pasta Quinoa Rice (basmati, white, wild) Rice cakes Sago Seitan (wheat meat) Spelt Sprouted wheat bread (essene) Tapioca Wheat Wheat bran</p> <p><u>DAIRY</u></p> <p>Butter (unsalted) Cheese (soft, not aged, unsalted) Cottage cheese Cow's milk Ghee Goat's cheese (soft, unsalted) Goat's milk Ice cream Yoghurt (freshly made and diluted)</p> <p><u>LEGUMES</u></p> <p>Adzuki beans Black beans Black-eyed peas Chickpeas (garbanzo beans) Kidney beans* Lentils, brown* and red Lima beans Mung beans Mung dal Navy beans Peas (dried) Pinto beans Soybeans Soy milk Split peas Tempeh Tofu White beans</p>	<p>Chicken (white) Eggs (albumen or white only) Fish (freshwater) Rabbit Shrimp* Turkey (white) Venison</p> <p><u>CONDIMENTS</u></p> <p>Chutney, mango (sweet) Coriander leaves Sprouts</p> <p><u>NUTS</u></p> <p>Almonds (soaked and peeled) Charoli Coconut</p> <p><u>SEEDS</u></p> <p>Flax Halva Popcorn (no salt, buttered) Psyllium Sunflower</p> <p><u>OILS</u></p> <p><i>For internal and external use</i></p> <p>Almond Coconut Sesame Sunflower Ghee Canola Olive Soy Flaxseed Primrose Walnut</p>	<p>Almond milk Aloe vera juice Apple juice Apricot juice Berry juice (sweet) Black tea Carob Cherry juice (sweet) Cool dairy drinks Grape juice Mango juice Mixed vegetable juice Peach nectar Pear juice Pomegranate juice Prune juice Rice milk Soy milk Vegetable bouillon</p> <p><u>HERBAL TEAS</u></p> <p>Alfalfa Bancha Barley Blackberry Borage Burdock Catnip Chamomile Chicory Comfrey Dandelion Fennel Ginger (fresh) Hibiscus Hops Jasmine Kukicha Lavender Lemon balm Lemon grass Licorice Marshmallow Nettle Oat straw Passion flower Peppermint Raspberry Red clover Sarsaparilla Spearmint Strawberry Violet Wintergreen Yarrow</p>



<u>SPICES</u>	<u>SWEETENERS</u>
Basil (fresh) Cinnamon* Cocoa Coriander Cumin Curry leaves Dill* Fennel Ginger (fresh) Mint Neem leaves Parsley Peppermint Saffron Spearmint Tarragon Turmeric* Vanilla Wintergreen	Honey (<i>raw and young</i>) <i>only in moderation</i> Barley Malt Syrup Brown Rice Syrup Maple Syrup Fruit Juice Concentrates Fructose* Sucanat* Sugar Cane Juice

Pitta Corrective/Restorative program:

Pitta needs adequate fluid intake. Vegetable and fruit juices are good but must avoid alcohol.

Pitta does well with Vitamin B and Vitamin K is also good for stopping bleeding. Minerals like calcium and iron are important. **Stable and normal Pitta types** can usually digest raw vegetables well enough to extract most of what they need. They can also handle large mineral supplements without weakening the digestive fire, which tend to occur with other Doshas.

Work in a cool and dry environment. Take charge of your work as if it is your own business. Seek a balance in all activities, such as work, leisure and rest. Clothes made from cotton or silk is ideal and light colours should be worn.

Go for long, quiet walks as leisure in the gardens or nature parks, preferably in the moonlight or early mornings when it is cool.

