



ANTI-VATA DIETETICS (Correct Food for Vata 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 Vata are astringent, bitter, and pungent (spicy and oily). Tastes which reduce Vata are sweet, sour, and salty. 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 Vata people include Western, Indian (mild), Chinese (Mild) etc. Warm soups and stews are particularly supportive.

Vata people should take food that is warm, moderately heavy, not too dry, soothing, nourishing, and rich. Meals should not be consumed when anxious, stressed, or depressed. 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> <i>Generally most sweet fruits</i>		<u>VEGETABLES</u> <i>In general vegetables should be cooked</i>		<u>GRAINS and LEGUMES</u>
Apples	Plums	Asparagus	Radishes (cooked)*	Amaranth
Applesauce	Pomegranate	Beets	Rutabaga	Durham flour
Apricots	Prunes (cooked)	Cabbage (cooked)*	Spaghetti squash	Kidney beans
Avocados	Raisins (cooked)	Carrots	Spinach (cooked)*	Mung beans*
Bananas	Rambutan	Cauliflower*	Spinach (raw)*	Mung dal
Berries	(seasonal)	Cilantro	Sprouts*	Oats
Cherries	Rhubarb	Cucumber	Summer Squash	Oats (cooked)
Coconut	Strawberries	Daikon radish*	Winter Squash	Pancakes
Dates (fresh)	Watermelon	Fennel (anise)	Taro Root	Quinoa
Durian* (seasonal)		Garlic	Turnip Greens*	Rice (all kinds)
Figs (fresh)		Green beans	Watercress	Seitan (wheat meat)
Grapefruit		Green chillies	Zucchini	Soya cheese*
Grapes		Jerusalem artichoke*		Soya milk*
Guava*		Leafy greens*		Soya sausage*
Kiwi		Leeks		Sprouted wheat bread
Lemons		Lettuce*		Tofu*
Limes		Mustard Greens*		Urud dal
Longan* (seasonal)		Okra		Wheat
Lychees*		Olives (black)		
Mangoes		Onions (cooked)*		
Melons		Parsley*		
Oranges		Parsnip		
Papaya		Peas (cooked)		
Peaches		Potatoes (sweet)		
Pineapple		Pumpkin		



<u>DAIRY</u>	<u>CONDIMENTS</u>	<u>BEVERAGES</u> <i>all fruit juices to be freshly made</i>
Butter Buttermilk Cheese (hard)* Cheese (soft) Cottage cheese Cow's milk Ghee Goats' Cheese Goat's Milk Ice Cream* Sour Cream* Yoghurt (diluted and spiced)*	Black pepper Chutney (mango) - sweet or spicy Chilli peppers* Coriander leaves Dulse Gomasio Hijiki Horseradish Kelp Ketchup Kombu Lemon Lime Lime pickle Mango pickle Mayonaise Mustard Pickles Salt Scallions Seaweed Soysauce Sprouts* Tamari Vinegar	Almond milk Aloe vera juice Apricot juice Berry juices (except cranberry) Carob* Carrot juice Chai (hot spiced milk) Cherry juice Grain coffee Grape juice Grapefruit juice Lemonade (freshly made) Mango juice Miso broth Orange juice Papaya juice Peach nectar Pineapple juice Rice milk Soya milk(hot and well spiced) Herb teas Ajwan Bancha Catnip Chamomile Chicory Chrysanthemum Clove Comfrey Elder flower Eucalyptus Fennel Eenugreek Ginger (fresh) Hawthorn Juniper berry Kukicha* Lavender Lemongrass Licorice Marshmallow Oat straw Orange peel Penny royal Peppermint Raspberry* Rosehips Saffron Sage Sarsaparilla Sassafras Spearmint Strawberry*
<u>ANIMAL</u>		
Beef (fresh and lean)* Chicken (dark) Chicken (white)* Duck Eggs Fish - freshwater or sea Salmon Sardines Seafood Shrimps Tuna Turkey (dark)		
<u>NUTS</u>	<u>SEEDS</u>	
Almonds Black walnuts Bresil nuts Cashews Charole Coconut Filberts Hazelnuts Macadamia nuts Peanuts Pecans Pine nuts Pistachios Walnuts	Chia Flax Halva Pumpkin Sesame Sunflower Tahini	
	<u>OILS</u> <i>For internal and external use</i>	
	Avocado Coconut Ghee Mustard* Olive Sesame (best oil for vata) Sunflower Avocado	



<u>SPICES</u>	<u>SWEETENERS</u>	<u>FOOD SUPPLEMENTS</u>
<p>Ajwan Allspice Almond extract Anise Asafoetida - hing Basil Bay leaf Black pepper Cardamom Cayenne* Cinnamon Cloves Cocoa (with sweetener + milk) Coriander Cumin Curry leaves Dill Fennel Fenugreek* Garlic Ginger Mace Marjoram Mint Mustard seed Nutmeg Orange peel Oregano Paprika Parsley Peppermint Pippali Poppy seeds Rosemary Saffron Salt Savory Spearmint Star anise Tarragon Thyme Turmeric Vanilla Wintergreen</p>	<p>Barley malt Fructose Fruit juice concentrates Honey - raw and not processed Molasses Rice syrup Sucanat Turbinado</p>	<p>Aloe Vera juice* Bee pollen Amino acids Minerals Calcium Copper iron Magnesium Zinc Royal jelly Spirulina Blue green algae Vitamins A and B complex B12 - C - D and E</p>

