

THE KAPHA DIET

	FAVOR	REDUCE/AVOID
QUALITIES	Light, dry, warm, cooked	Heavy, oily, cold
TASTES	Pungent, bitter, astringent	Sweet, sour, salty
QUANTITIES	Small – do not overeat	
DAIRY	Warm low-fat or nonfat milk	All other
SWEETENERS	Honey	All others
OILS	Small amounts only: almond, corn, ghee, safflower, sunflower	All except for small amounts of oils listed
GRAINS	Barley, corn, millet, rye	Oats, rice, wheat
FRUITS	Light, dry fruits: apple, apricot, cranberry, dried fruits, pear, pomegranate	Heavy, juicy, sweet, sour: avocado, banana, coconut, date, fig, grapefruit, grape, mango, melon, orange, papaya, peach, pineapple, plum
VEGETABLES	All okay except those listed	Sweet, juicy vegetable: cucumber, sweet potato, tomato
SPICES	All okay except salt	Salt
NUTS/SEEDS	Pumpkin seeds, sunflower seeds	All others
BEANS	All okay except tofu	Tofu
MEATS	Poultry (white meat), white meat fish (except shellfish)	Red meat, shellfish

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