

THE PITTA DIET

	FAVOR	REDUCE/AVOID
QUALITIES	Cool or warm, liquid	Hot
TASTES	Sweet, bitter, astringent	Salty, sour, pungent
QUANTITIES	Moderate portions	
DAIRY	Butter, ghee, lassi, milk	Cheese, buttermilk, sour cream, yogurt (except lassi)
SWEETENERS	All okay except those listed	Honey, molasses
OILS	Coconut, olive, soy, sunflower	Almond, corn, safflower, sesame
GRAINS	Barley, oats, wheat, white rice	Corn millet, brown rice, rye
FRUITS	Sweet, ripe fruits: apple, avocado, cherry, fig, mango, melon, pear, pomegranate, prune, raisin	Sour, unripe fruits: apricot, banana, berry, cranberry, grapefruit, olive, papaya, peach, persimmon
VEGETABLES	Asparagus, bell peppers, broccoli, brussel sprouts, cabbage, cauliflower, celery, cucumber, green bean, okra, peas, potato, sprouts, squash, all leafy greens except spiinach	Beets, carrot, chili, eggplant, garlic, onion, radish, spinach, tomato
SPICES	Sweet, bitter, astringent spices: cardamom, cilantro, cinnamon, coriander, dill, fennel, mint, saffron	Pungent, heating spices, especially chili
NUTS/SEEDS	Coconut, pumpkin seeds, sunflower seeds	All others
BEANS	Garbanzo, mung, soybean, tofu	All others
MEATS	Chicken, egg whites, turkey, shrimp	Egg yolks, red meat

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