

## ***THE VATA DIET***

|                   | <b>FAVOR</b>  | <b>REDUCE/AVOID</b>   |
|-------------------|---|---|
| <b>QUALITIES</b>  | Heavy, warm, cooked   | Light, cold, dry, raw   |
| <b>TASTES</b>     | Sweet, sour, salty  | Bitter, pungent, astringent   |
| <b>QUANTITIES</b> | Larger portions okay  |   |
| <b>DAIRY</b>      | All dairy okay, look for dairy alternatives when possible   |   |
| <b>SWEETENERS</b> | All okay in moderation  |   |
| <b>OILS</b>       | All okay  |   |
| <b>GRAINS</b>     | Rice, wheat, cooked oats  | Barley, corn, millet, rye   |
| <b>FRUITS</b>     | Sweet, sour and juicy fruits: avocado, banana, berry, cherry, grape, mango, melon, orange, peaches, plum, pineapple | Light, dry fruits: apple, cranberry, dried fruits, pears, pomegranate   |
| <b>VEGETABLES</b> | Most vegetables in moderation when cooked, especially: Asparagus, beet, carrot, green beans, okra, sweet potato     | Uncooked vegetables, cabbage, sprouts   |
| <b>SPICES</b>     | Sweet, heating spices are best, other spices in moderation  | Large quantities of bitter, pungent or astringent spices: chili, coriander, fenugreek, parsley, saffron, turmeric |
| <b>NUTS/SEEDS</b> | All okay, almonds especially good   |   |
| <b>BEANS</b>      | Garbanzos, red lentils, mung beans, tofu  | All other beans except those listed   |
| <b>MEATS</b>      | Chicken, turkey, seafood  | Red meat  |

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