

Ayurvedic Food Chart		Key:		* okay in moderation	** okay rarely	
		Vata		Pita		Kapha
	Avoid	Favor	Avoid	Favor	Avoid	Favor
Fruits	Dried Fruits	Sweet Fruits	Sour Fruits	Sweet Fruits	Sweet & Sour Fruits	Apples
	Apples (raw)	Apples (cooked)	Apricots	Apples	Avacado	Applesauce
	Cranberries	Applesauce	Berries	Avacado	Bananas	Apricots
	Pears	Apricots	Bananas	Coconut	Coconut	Berries
	Persimmon	Tamarind	Cherries	Figs	Figs (fresh)	Cherries
	Pomegranate	Bananas	Cranberries	Grapes (dark)	Grapefruit	Cranberries
	Watermelon	Berries	Grapefruit	Mango (ripe)	Grapes	Figs (dry) *
	Raisins	Cherries	Grapes (green)	Oranges (sweet) *	Lemons	Grapes *
	Prunes (dry)	Coconut	Lemons	Pears	Melons	lemons*
	Dates (dry)	Figs (Fresh)	Oranges (sour)	Pineapple (sweet) *	Oranges	Limes *
		Grapefruit	Papaya*	Plums (sweet)	Papaya	Peaches *
		Grapes	Peaches	Pomegranate	Pineapples	Pears
		Lemons	Pineapples (sour)	Prunes	Plums	Mango
		Mango	Persimmons	Raisins	Rhubarb	Persimmons
		Melons (sweet)	Plums (sour)	Applesauce	Tamarind	Pomegranate
		Oranges	Rhubarb	Apricots (sweet)	Watermelon	Prunes
		Papaya	Strawberries	Berries (sweet)	Mangos **	Raisins
		Peaches	Tamarind	Cherries (sweet)		Strawberries *
		Pineapples	Apples (sour)	Dates		
		Dates (fresh)	Kiwi **	Limes *		
		Kiwi	Mangos (green)	Melons		
		Limes		Papaya *		
		Oranges		Strawberries *		
		Plums		Watermelon		
		Prunes (soaked)				

		Raisins (soaked)				
		Rhubarb				
		Strawberries				
	Vata		Pita		Kapha	
	Avoid	Favor	Avoid	Favor	Avoid	Favor
Vegetables	Generally frozen, raw or dried vegetables	Cooked Vegetables	Pungent Vegetables	Sweet & Bitter Vegetables	Sweet & Juicy Vegetables	Pungent & Bitter Vegetables
*ok in moderation with Oil Dressing	Artichoke	Asparagus	Beets (raw)	Artichoke	Cucumber	Artichoke
	Beet Greens **	Beets	Carrots	Asparagus	Parsnips **	Asparagus
	Bitter Melon	Cabbage (cooked)*	Eggplant**	Beets (cooked)	Potatoes (sweet)	Beet Greens
	Broccoli	Carrots	Garlic	Bitter Melon	Pumpkin	Beets
	Brussel Sprouts	Cauliflower *	Onions	Broccoli	Squash (summer)	Bitter Melon
	Burdock Root	Cilantro	Peppers (hot)	Brussel Sprouts	Taro Root	Broccoli
	Cabbage (raw)	Cucumber	Radishes	Cabbage	Tomatoes	Brussel Sprouts
	Cauliflower (raw)	Daikon Radish*	Spinach	Carrots (cooked)	Tomatoes (raw)	Burdock Root
	Celery	Fennel (Anise)	Tomatoes	Carrots (raw)*	Zucchini	Cabbage
	Corn (fresh)**	Garlic	Beet Greens	Cauliflower		Carrots
	Dandelion Greens	Green Beans	Burdock Root	Celery		Cauliflower
	Eggplant	Green Chilies	Corn (fresh)**	Cilantro		Celery
	Horseradish **	Leafy Greens*	Daikon Radish	Cucumber		Cilantro
	Kale	Leeks	Green Chilies	Cucumber		Corn
	Kohlrabi	Lettuce*	Horseradish	Dandelion Greens		Daikon Radish
	Leafy Greens *	Mustard Greens*	Kohlrabi**	Fennel (Anise)		Dandelion Greens
	Lettuce *	Okra (cooked)	Leeks (raw)	Green Beans		Eggplant
	Mushrooms	Olives (black)	Mustard Greens	Jerusalem Artichoke		Fennel (Anise)
	Olives (green)	Onion (cooked)	Olives (green)	Kale		Garlic
	Onions (raw)	Parsley*	Onions (raw)	Leafy Greens		Green Beans

						Turnip Greens
						Turnips
						Watercress
						Wheat Grass
	Vata		Pita		Kapha	
	Avoid	Favor	Avoid	Favor	Avoid	Favor
Grains	Barley	Amaranth*	Bread (with yeast)	Amaranth	Bread (with yeast)	Amaranth*
	Bread (with yeast)	Durham Flour	Buckwheat	Barley	Oats (cooked)	Barley
	Buckwheat	Oats (cooked)	Corn	Cereal (dry)	Rice (brown & white)	Buckwheat
	Cereals (cold, dry, or puffed)	Pancakes	Millet	Couscous	Pasta **	Cereal (cold, dry, or puffed)
	Corn	Quinoa	Museli**	Crackers	Rice Cakes **	Corn
	Couscous	Rice (all kinds)	Oats (dry)	Durham Flour	Wheat	Couscous
	Crackers	Seitan (wheat meat)	Polenta**	Granola		Crackers
	Granola	Sprouted Wheat Bread (essene)	Rice (brown)**	Oat Bran		Durham Flour*
	Millet	Wheat	Rye	Oats (cooked)		Granola
	Muesli			Pancakes		Millet
	Oat Bran			Pasta		Muesli
	Oats (dry)			Quinoa		Oat Bran
	Pasta**			Rice (basmati & white)		Rice (basmati, small amount)
	Plenta**			Wheat		
	Rice Cakes**					
	Rye					
	Sago					
	Spelt					
	Tapioca					
	Wheat Bran					
	Vata		Pita		Kapha	
	Avoid	Favor	Avoid	Favor	Avoid	Favor
Legumes	Aduki Beans	Lentils (red)*	Miso	Aduki Beans	Kidney Beans	Aduki Beans

	Black Beans	Mung Beans	Soy Sauce	Black Beans	Soy Beans	Black Beans
	Black-eyed Peas	Mung Dal	Soy Sausages	Black-eyed Peas	Soy Cheese	Black-eyed Peas
	Chick Peas (garbanzo beans)	Soy Cheese*	Tur Dal	Chick Peas (garbanzo beans)	Soy Flour	Chick Peas (garbanzo beans)
	Kidney Beans	Soy Milk*	Urad Dal	Kidney Beans	Soy Powder	Lentils (red & brown)
	Lentils (brown)	Soy Sause*		Lentils (brown)	Soy Sauce	Lima Beans
	Lima Beans	Soy Sausages*		Lima Beans	Tofu (cold)	Mung Beans*
	Miso**	Tofu*		Mung Beans	Urad Dal	Mung Dal
	Navy Beans	Tur Dal		Mung Dal	Miso	Navy Beans
	Peas (dried)	Urad Dal		Navy Beans		Peas (dried)
	Pinto Beans			Peas (dried)		Pinto Beans
	Soy Beans			Pinto Beans		Soy Milk
	Soy Flour			Soy Beans		Soy Sausages
	Soy Powder			Soy Cheese		Split Peas
	Split Peas			Soy Flour *		Tempeh
	Tempeh			Soy Milk		Tofu (hot)*
	White Beans			Soy Powder*		Tur Dal
				Tempeh		
				Tofu		
				White Beans		
	Vata		Pita		Kapha	
	Avoid	Favor	Avoid	Favor	Avoid	Favor
Dairy	Cow's Milk (powdered)	Most Dairy is Good	Butter (salted)	Butter (unsalted)	Butter (salted)	Buttermilk**
	Goat's Milk (powdered)	Butter	Buttermilk	Cheese (soft, not aged, unsalted)	Butter (unsalted)**	Cottage Cheese (from skimmed goat's milk)
	Yogurt (plain, frozen or w/fruit)	Buttermilk	Cheese (hard)	Cottage Cheese	Cheese (soft & hard)	Ghee*
		Cheese (hard)*	Sour Cream	Cow's Milk	Cow's Milk	Goat's Cheese (unsalted & not aged)*
		Cheese (soft)	Yogurt (plain, frozen or w/fruit)	Ghee	Ice Cream	Goat's Milk (skim)
		Cottage Cheese		Goat's Milk	Sour Cream	Yogurt (diluted)

		Cow's Milk		Goat's Cheese (soft, unsalted)	Yogurt (plain, frozen or w/fruit)	
		Ghee		Ice Cream		
		Goat's Milk		Yogurt (freshly made & diluted)*		
		Ice Cream*				
		Sour Cream*				
		Yogurt (diluted & spiced)*				
	Vata		Pita		Kapha	
	Avoid	Favor	Avoid	Favor	Avoid	Favor
Animal Products	Lamb	Beef	Beef	Buffalo	Beef	Chicken (dark)
	Pork	Buffalo	Chicken (dark)	Chicken (white)	Buffalo	Eggs
	Rabbit	Chicken (dark)	Duck	Eggs (albumen or white only)	Chicken (dark)	Fish (freshwater)
	Venison	Chicken (white)*	Eggs (yolk)	Fish (freshwater)	Duck	Rabbit
	Turkey (white)	Duck	Fish (sea)	Rabbit	Fish (sea)	Shrimp
		Eggs	Lamb	Shrimp*	Lamb	Turkey (white)
		Fish (freshwater or sea)	Pork	Turkey (white)	Pork	Venison
		Salmon	Salmon	Venison	Salmon	
		Sardines	Sardines		Sardines	
		Seafood	Seafood		Seafood	
		Shrimp	Tuna Fish		Tuna fish	
			Turkey (dark)		Turkey (dark)	
	Vata		Pita		Kapha	
	Avoid	Favor	Avoid	Favor	Avoid	Favor
Nuts		Almonds	Almonds (with skin)	Almonds (soaked and peeled)	Almonds (soaked and peeled)**	Charole
		Filiberts	Macadamia Nuts		Hazelnuts	
		Hazelnuts	Peanuts		Macadamia Nuts	
		Macadamia Nuts	Pecans		Peanuts	
		Peanuts	Pine Nuts		Pecans	
		Pecans	Pistachios		Pine Nuts	

		Pine Nuts	Walnuts		Pistachios	
		Pistachios			Walnuts	
		Walnuts				
	Vata		Pita		Kapha	
	Avoid	Favor	Avoid	Favor	Avoid	Favor
Seeds	Popcorn	Chia	Chia	Flax	Halva	Chia
	Psyllium**	Flax	Sesame	Halva	Psyllium**	Flax
		Halva	Tahini	Popcorn (no salt, buttered)	Sesame	Popcorn (no salt, no butter)
		Pumpkin		Psyllium	Tahini	Pumpkin*
		Sesame		Pumpkin*		Sunflower*
		Sunflower		Sunflower		
		Tahini				
	Vata		Pita		Kapha	
	Avoid	Favor	Avoid	Favor	Avoid	Favor
Oils	Flax	For Internal & External Use: (most suitable at top of list)	Almond	For Internal & External Use: (most suitable at top of list)	Avacado	For Internal & External Use: (most suitable at top of list)
		Sesame	Apricot	Sunflower	Apricot	Corn
		Ghee	Corn	Ghee	Coconut	Sesame (external)
		Olive	Safflower	Olive	Flax Seed**	Sunflower
		Most other Oils	Sesame	Soy	Olive	Ghee
				Flax Seed	Primrose	Almond
		<u>External Use Only:</u>		Primrose	Safflower	
		Coconut		Walnut	Sesame (internal)	
		Avacado			Soy	
				<u>External Use Only:</u>	Walnut	
				Avacado		
				Coconut		
	Vata		Pita		Kapha	
	Avoid	Favor	Avoid	Favor	Avoid	Favor

Beverages	Alcohol (hard; red wine)	Alcohol (beer, white wine)*	Alcohol (hard; red & sweet wine)	Alcohol (beer, dry white wine)*	Alcohol (hard; beer, sweet wine)	Alcohol (dry wine, red or white)**
	Apple Juice	Almond Milk	Apple Cider	Almond Milk	Almond Milk	Aloe Vera Juice
	Black Tea	Aloe Vera Juice	Berry Juice (sour)	Aloe Vera Juice	Caffeinated Beverages**	Apple Cider
	Caffeinated Beverages	Apple Cider	Caffeinated Beverages	Apple Juice	Carbonated Drinks	Apple Juice*
	Carbonated Drinks	Apricot Juice	Carbonated Drinks	Apricot Juice	Cherry Juice (sour)	Apricot Juice
	Chocolate Milk	Berry Juice	Carrot Juice	Berry Juice (sweet)	Chocolate Milk	Berry Juice
	Coffee	Berry Juice (except cranberry)	Cherry Juice (sour)	Black Tea*	Coffee	Black Tea (spiced)
	Cold Dairy Drinks	Carob*	Chocolate Milk	Carob	Cold Dairy Drinks	Carob
	Cranberry Juice	Chai (hot spiced milk)	Coffee	Chai (hot spiced milk)*	Grapefruit Juice	Carrot Juice
	Iced Tea	Cherry Juice	Cranberry Juice	Cherry Juice (sweet)	Iced Tea	Chai (hot spiced milk)*
	Icy Cold Drinks	Grain "Coffee"	Grapefruit Juice	Cool Dairy Drinks	Icy Cold Drinks	Cherry Juice (sweet)
	Pear Juice	Grape Juice	Iced Tea	Grain "Coffee"	Lemondade	Cranberry Juice
	Pomegranate Juice	Grapefruit Juice	Icy Cold Drinks	Grape Juice	Miso Broth	Grain "Coffee"
	Prune Juice**	Lemonade	Lemonade	Mango Juice	Orange Juice	Grape Juice
	Soy Milk (cold)	Mango Juice	Papaya Juice	Miso Broth*	Papaya Juice	Mango Juice
	Tomato Juice **	Miso Broth	Pineapple Juice	Mixed Veg. Juice	Rice Milk	Peach Nectar
	V-8 Juice	Orange Juice	Tomato Juice	Orange Juice*	Sour Juices	Pear Juice
		Papaya Juice	V-8 Juice	Peach Nectar	Soy Milk (cold)	Pineapple Juice*
		Peach Nectar	Sour Juices	Pear Juice	Tomato Juice	Prune Juice*
		Pineapple Juice		Pomegranate Juice	V-8 Juice	Soy Milk (hot & well spiced)
		Rice Milk		Prune Juice		
		Sour Juices		Rice Milk		
		Soy Milk (hot & well spiced)		Soy Milk		
		Vegetable Bouillon		Vegetable Bouillon		

	Vata		Pita		Kapha	
	Avoid	Favor	Avoid	Favor	Avoid	Favor
Herbal Teas	Alfalfa**	Comfrey	Hawthorne	Chamomile		Cinnamon
	Barley**	Elder Flower	Juniper Berry	Chcory		Clove
	Basil**	Eucalyptus	Mormon Tea	Comfrey		Comfrey*
	Cornsilk	Fennel	Pennyroyal	Dandelion		Dandelion
	Dandelion	Fenugreek	Red Zinger	Fennel		Fennel*
	Ginseng	Ginger (fresh)	Rosehip**	Ginger (fresh)		Fenugreek
	Hibiscus	Hawthorne	Sage	Hibiscus		Ginger
	Hops**	Juniper Berry	Sassafras	Hops		Ginseng*
	Jasmine**	Kukicha*	Yerba Mate	Jasmine		Hibiscus
	Lemon Balm**	Lavendar		Kukicha		Jasmine
	Mormon Tea	Lemon Grass		Lavendar		Juniper Berry
	Nettle**	Licorice		Lemon Balm		Kukicha
	Passion Flower**	Marshmallow		Lemon Grass		Lavender
	Red Clover**	Oat Straw		Licorice		Lemon Balm
	Red Zinger**	Orange Peel		Marshmallow		Lemon Grass
	Violet**	Pennyroyal		Nettle		Mormon Tea
	Yarrow	Peppermint		Oat Straw		Nettle
	Yerba Mate**	Raspberry*		Passion Flower		Passion Flower
		Rosehips		Peppermint		Peppermint
		Saffron		Raspberry		Raspberry
		Sage		Red Clover		Red Clover
		Sarsaparilla		Sarsaparilla		Sarsaparilla*
		Sassafras		Spearmint		Sassafras
		Spearmint		Strawberry		Spearmint
		Strawberry*		Violet		Strawberry
		Wintergreen*		Wintergreen		Wintergreen
				Yarrow		Yarrow
						Yerba Mate
	Vata		Pita		Kapha	

	Avoid	Favor	Avoid	Favor	Avoid	Favor
Spices		All Spices are Good	Ajwan	Cinnamon		Almond Extract
		Ajwan	Basil (dry)	Coriander		Anise
		Allspice	Cayenne	Cumin		Asafoetida (hing)
		Almond Extract	Cloves	Dill		Basil
		Anise	Funugreek	Fennel		Bay Leaf
		Asafoetida (hing)	Garlic	Ginger (fresh)		Black Pepper
		Basil	Ginger (dry)	Mint		Caraway
		Bay Leaf	Mace	Need Leaves*		Cardomom
		Black Pepper	Marjoram	Orange Peel*		Cayenne
		Caraway	Mustard Seeds	Parsley*		Cinnamon
		Cardomom	Nutmeg	Peppermint		Cloves
		Cayenne*	Oregano	Saffrom		Coriander
		Cinnamon	Paprika	Spearmint		Cumin
		Cloves	Pippali	Tarragon*		Dill
		Coriander	Poppy Seeds	Vanilla*		Fennel*
		Cumin	Rosemary	Wintergreen		Funugreek
		Dill	Sage			Garlic
		Fennel	Salt			Ginger
		Funugreek*	Star Anise			Marjoram
		Garlic	Thyme			Mint
	Ginger				Mustard Seeds	
	Marjoram				Neem Leaves	
	Mint				Nutmeg	
	Mustard Seeds				Orange Peel	
	Nutmeg				Oregano	
	Orange Peel				Paprika	
	Oregano				Parsley	
	Paprika				Peppermint	
	Parsley				Pippali	

		Peppermint				Poppy Seed
		Pippali				Rosemary
		Poppy Seed				Saffron
		Rosemary				Savory
		Thyme				Thyme
		Turmeric				Turmeric
		Vanilla				Vanilla*
		Wintergreen				Wintergreen
	Vata		Pita		Kapha	
	Avoid	Favor	Avoid	Favor	Avoid	Favor
Sweeteners	Maple Syrup**	Barley Malt	White Sugar**	Barley Malt	Barley Malt	Fruit Juice Concentrates
	White Sugar	Fructose	Honey**	Fructose	Fructose	Honey (raw & not processed)
		Fruit Juice Concentrates	Jaggary	Fruit Juice Concentrate	Fruit Juice Concentrate	
		Honey	Molasses	Maple Syrup	Maple Syrup	
		Jaggary		Rice Syrup	Rice Syrup	
		Molasses		Sucanat	Sucanat	
		Rice Syrup		Turbinado	Turbinado	
		Sucant			White Sugar	
		Turbinado				
	Vata		Pita		Kapha	
	Avoid	Favor	Avoid	Favor	Avoid	Favor
Condiments	Chocolate	Black Pepper*	Chili Pepper	Black Pepper*	Chocolate	Black Pepper
	Horseradish	Chutney, mango (sweet or spicy)	Chocolate	Chutney, mango (sweet)	Chutney, mango (sweet)	Chili Peppers
		Chili Peppers*	Chutney, mango (spicy)	Coriander Leaves	Gomasio	Chutney, mango (spicy)
		Coriander Leaves*	Gomasio	Dulse*	Kelp	Coriander Leaves
		Dulse	Horseradish	Hjiki*	Ketchup**	Dulse*
		Gomasio	Kelp	Kombu*	Lime	Kijiki*
		Hijiki	Ketchup	Lime*	Lime Pickle	Horseradish
		Kelp	Mustard	Sprouts	Mangle Pickle	Lemon*

		Ketchup	Lemon	Salt*	Mayonnaise	Mustard (without vinegar)
		Kombu	Lime Pickle	Seaweed*	Pickles	Scallions
		Lemon	Mango Pickle	Tamari*	Salt	Seaweed*
		Lime	Mango Pickle		Soy Sauce	Sprouts
		Lime Pickle	Mayonnaise		Tamari	
		Mango Pickle	Pickles		Vinegar	
		Mayonnaise	Salt (no excess)			
		Mustard	Scallions			
		Pickles	Soy Sauce			
		Salt	Vinegar			
		Scallions				
		Seaweed				
		Soy Sauce				
		Sprouts*				
		Tamari				
		Vinegar				
		Vata	Pita	Kapha		
		Avoid	Favor	Avoid	Favor	
Food Supplements	Barley Green	Aloe Vera Juice*	Amino Acids	Aloe Vera Juice	<u>Minerals:</u>	Aloe Vera Juice
	Brewer's Yeast	Bee Pollen	Bee Pollen**	Barley Green	Potassium	Amino Acids
	<u>Vitamins</u>	Amino Acids	Royal Jelly**	Brewer's Yeast		Barley Green
	K	<u>Minerals:</u>	<u>Minerals:</u>	<u>Minerals:</u>	<u>Vitamins:</u>	Bee Pollen
		Calcium	Copper	Calcium	A, B1, B2, B12, C, D, E	Brewer's Yeast
		Copper	Iron	Magnesium		<u>Minerals:</u>
		Iron	<u>Vitamins:</u>	Zinc		Copper
		Magnesium	B2, B6, C, E, P, Folic Acid	Spirulina		Calcium
		Zinc		Blue-Green Algae		Iron
		Royal Jelly		<u>Vitamins:</u>		Magnesium
		Spirulina		A, B1, B12, D, K		Zinc

		Blue-Green Algae				Royal Jelly
		Vitamins:				Spirolina
		A, B1, B2, B6, B12, C, D, E, P, Folic Acid				Blue-Green Algae
						Vitamins:
						B6, C, P, Folic Acid
			Key:	* ok in moderation	** okay rarely	