

Kapha Pacifying Diet

Most Important Principles

Favor warm, cooked foods and hot beverages. Reduce oil and fat. Avoid cold drinks and frozen desserts (such as ice cream, popsicles, frozen yogurt etc.). Avoid sugar, sweets and salty foods.

Favor the Following Foods:

General

Lighter diet. Dry, warm food and warm drinks.
Pungent, bitter and astringent tastes.

Grains

Old grains (minimum one year), barley, millet, corn, buckwheat, rye, oats, wheat, rice.

Legumes

All except tofu.

Vegetables

Green leafy vegetables, asparagus, artichoke, potato, carrot, cabbage, beets (small amounts), cauliflower, broccoli, celery, peas, pepper, sprouts, white pumpkin, zucchini, okra (only dry-fried, non-slimy preparation), green papaya, tomato, tender eggplant, radish.

Dairy

Lassi and butter milk, low fat milk, small amounts of ghee.

Sweeteners

Honey.

Oils

Mustard, corn, sesame (all in small amounts).

Nuts and Seeds

Sunflower and pumpkin.

Spices

All spices except salt; especially favor pungent spices (pepper, ginger, etc.) and lemon juice.

Fruits

Pomegranate, grapes, persimmon, cranberries, raisins, figs, dates (best with honey) peaches, apples, papaya, guava.

Avoid or Reduce the Following Foods:

General

Large quantities of food, especially at night.
Unctuous, cold, heavy food. Sweet, sour, and salty tastes.

Grains

New grains, especially wheat and rice.

Legumes

Tofu (soy beans).

Vegetables

Sweet potatoes, tapioca, other tubers.

Dairy

Yogurt, cream, butter, whole milk, ghee in large quantities.

Sweeteners

Sugar cane products.

Nuts

All nuts.

Fruits

Avocado, banana, pineapple, oranges, melons, plums, mango, coconut, apricot.

Spices

Salt.