

Pitta Pacifying Diet

Most Important Principles:

Favor juicy, cooling foods with high water content; avoid hot spices (chilies, cayenne, jalapeno peppers, etc.), alcohol, vinegar, fried foods, tomatoes, yogurt and cheese.

Favor the Following:

General

Cool to lukewarm drinks according to preference; sweet, bitter and astringent tastes.

Grains

Wheat, white rice (basmati, jasmine, texmati, etc.), barley, oats, quinoa, kamut, amaranth, couscous.

Legumes

Mung beans, small kidney beans, non-fermented soy bean products (tofu is OK, avoid tempeh). All others OK in moderation.

Vegetables

Asparagus, artichokes, yellow squash, zucchini, okra, cauliflower, broccoli, cabbage, green beans, celery, potato, sweet potato, peas, bell peppers, tender eggplant, cilantro, sprouts, lettuce, chard, brussel sprouts, parsley, cucumber, kale, bok choy, winter squash, sweet corn, all green leafy vegetables except spinach.

Dairy

Milk (boiled and served cool to warm), butter, ghee, sweet lassi, cream, cream cheese, paneer (homemade cheese from milk).

Sweeteners

Natural sugar cane (in small amounts), date sugar.

Oils

Ghee is best. Olive, sunflower, coconut (in moderation)

Nuts and Seeds

Sunflower and pumpkin seeds; blanched almonds in small amounts.

Spices

Coriander, cilantro, cumin, turmeric, saffron, fennel, cardamom. Can have ginger root, cinnamon, black pepper, thyme, basil, oregano and marjoram in small amounts.

Fruits

Sweet grapes, avocado, mango, coconut, melons, kiwi, sweet oranges, sweet plums, papaya, sweet pineapple, persimmon, pomegranate, raisins, banana.

Non Vegetarian

Chicken, turkey, egg white.

Avoid or Reduce the Following:

General

Pungent (hot spicy), sour and salty tastes. Vinegar and acidic foods and beverages (such as coffee, alcohol, and soda).

Grains

Corn, millet, rye, buckwheat, brown rice.

Vegetables

Tomato and tomato sauce, radish, onions, carrots, beets, spinach, seaweed.

Fruits

Grapefruit, olives, sour oranges, peaches, sour grapes, sour pineapple, berries, prunes, lemon, lime, cherries.

Dairy

Yogurt, cheese (especially aged and salty such as feta or blue cheese), sour cream.

Sweeteners

Molasses, brown sugar, honey.

Oils

Almond, corn, safflower, sesame, canola.

Spices

Chili peppers, cayenne, onion, garlic, mustard seeds, cloves, celery seeds, fenugreek, catsup, mustard, asafetida (hing)

Non Vegetarian

Salt water seafood, beef, pork, lamb, egg yoke