



## Lesson Six

### Pacifying Diets for Each Dosha

### The Vata Pacifying (Winter) Grocery List

	Favor These Foods	Reduce These Foods
<b>In General</b>	Eat larger quantities of food, (but not more than you can digest easily). Warm foods Heavy foods Oily foods	Cold foods Dry foods Light foods
<b>Tastes</b>	Sweet Sour Salty	Spicy Bitter Astringent
<b>Dairy</b>	All dairy products pacify Vata Boil milk before drinking Drink milk warm Non-homogenized is preferred	Don't drink milk with a full meal.
<b>Sweeteners</b>	All sweeteners are good in moderation	
<b>Oils</b>	All oils are good	
<b>Grains</b>	Rice Wheat	Barley Buckwheat Corn Millet Oats Rye
<b>Fruits</b>	Sweet, sour or heavy fruits, such as: Avocados Bananas Berries Cherries Grapes Mangos Melons Oranges Papayas Peaches Pineapple Plums	Dry or light fruits, such as: Apples Cranberries Dried fruits Pears Pomegranates Unripe fruits

	<b>Favor These Foods <i>(cont'd.)</i></b>	<b>Reduce These Foods <i>(cont'd.)</i></b>
<b>Vegetables</b>	Eat your vegetables cooked, not raw. Beets Cucumbers Carrots Asparagus Sweet potatoes	In moderation, cook these with ghee or oil and vata-reducing spices: Broccoli Brussels sprouts Cauliflower Celery Eggplant Green leafy vegetables Mushrooms Okra Peas Peppers Potatoes Tomatoes Zucchini  Sprouts (avoid) Cabbage (avoid)
<b>Spices</b>	Black pepper (small amounts) Cardamom Cinnamon Cloves Cumin Fennel Ginger Mustard Salt Seeds	
<b>Protein Sources</b>	Chicken Mung dahl Nuts Seafoods Tofu Turkey	Beans Beef

## The Kapha Pacifying (Spring) Grocery List

	Favor These Foods	Reduce These Foods
<b>In General</b>	Light foods Dry foods Warm foods	Heavy foods Oily foods Cold foods
<b>Tastes</b>	Spicy Bitter Astringent	Sweet Salty Sour
<b>Dairy</b>	Low-fat milk Boil milk before drinking (with a pinch of turmeric or ginger) Drink milk warm Non-homogenized is preferred	Do not take milk with a full meal, or with sour or salty foods.
<b>Sweeteners</b>	Honey is excellent	All other sweeteners
<b>Oils</b>		All oils
<b>Grains</b>	Most grains are fine, especially: Barley Millet	Oats Rice Wheat
<b>Fruits</b>	Lighter fruits are best, such as: Apples Pears	Heavy or sour fruits, such as: Avocados Bananas Coconuts Dates Figs Grapefruits Grapes Mangoes Melons Oranges Peaches Pineapples Plums
<b>Vegetables</b>	Most vegetables	Cucumbers Tomatoes Sweet potatoes Zucchini
<b>Spices</b>	All spices are good	Salt
<b>Protein Sources</b>	Chicken (white meat) Turkey (white meat)	Red meat Seafood

## The Pitta Pacifying (Summer) Grocery List

	Favor These Foods	Reduce These Foods
<b>In General</b>	Cooling foods Liquid (moist) foods	Hot foods Dry foods
<b>Tastes</b>	Sweet Bitter Astringent	Spicy Salty Sour
<b>Dairy</b>	Butter Ghee Non-homogenized milk	Cheese Cultured buttermilk Sour cream Yogurt
<b>Sweeteners</b>	All sweeteners, (except honey and molasses)	Honey Molasses
<b>Oils</b>	Coconut Olive Sunflower	Almond Corn Safflower Sesame
<b>Grains</b>	Barley Oats Wheat White rice	Brown rice Corn Millet Rye
<b>Fruits</b>	Avocado Cherries Coconut Grapes Mangos Melons Oranges (ripe) Pineapple Plums Pomegranates Sweet fruits	Apricots Bananas Berries Cranberries Grapefruits Olives Papayas Peaches Persimmons Sour fruits Unripe pineapple Unripe plums
<b>Vegetables</b>	Asparagus Beans Broccoli Cauliflower Celery Cucumbers Green beans Green leafy vegetables Lettuce Okra Potatoes Pumpkins Sweet potatoes Zucchini	Beets Carrots Eggplant Garlic Hot peppers Onions Radishes Spinach Tomatoes

	<b>Favor These Foods <i>(cont'd.)</i></b>	<b>Reduce These Foods <i>(cont'd.)</i></b>
<b>Spices</b>	Cinnamon Coriander Cardamom Fennel	Ginger Cumin Black pepper Fenugreek Clove Celery seed Salt Mustard seed Chili peppers (avoid) Cayenne (avoid)
<b>Protein Sources</b>	Chicken Pheasant Turkey	Beef Seafood Egg yolk Lentils Nuts Seeds