

## **Ayurvedic diet for people with VATA-KAPHA body type**

### **Vegetables.**

*Consume only fresh seasonal vegetables. Seed veggies should be cooked and seasoned with matching species for Vata-Kapha to stay in a balanced condition.*

**Beneficial:** artichoke, asparagus, beetroot, green beans, boiled onion, cockweed, parsnip, mustard seeds, spring yellow weed, squashes, boiled radish, pumpkin.

**Neutral:** rape, raw radish, peas, bamboo sprouts, eggplants, sweet pepper, pepper, endive, escarole salad, spinach, broccoli, burdock root, girasol, radish, cabbage, carrot, manioc, kale turnip, cauliflower, fresh corn, cucumbers without seeds, white potato, celery, mushrooms, sweet potato, turnip green vegetables, papaya green vegetables, marrows.

**Unrecommended:** turnip, Brussels sprouts shoots, all raw vegetables, raw onion, rutabaga, tomatoes, mangold leaf beet.

### **Fruits.**

*Consume only fresh and seasonal.*

**Beneficial:** apricots, lemons, lime, gooseberry, cherries, coconut, dates, fresh figs, peaches, mango, melon, papaya, strawberries, rhubarb, soaked raisins.

**Neutral:** apples, avocado, dried fruits, pears, pomegranates, plums, black plums, bananas, grapes, kiwi, oranges, and persimmon.

**Unrecommended:** excess amounts of dry, sweet and sour fruits, sloe, quince, guelder rose, and prune, cranberry.

### **Porridges and pasta products.**

People with double dosha Vata-Kapha should avoid brown rice monodiets.

*From December till the end of April.*

**Beneficial:** barley, fat-hen, sorghum.

**Neutral:** brown rice (long or short), basmati rice (brown or white), rye, couscous, rice flour, rice chop, oats, wholegrain pasta, unbleached flour, whole wheat flour.

**Unrecommended:** oats (whole boiled), wheat, buckwheat, corn porridge, wheat off corn, oatmeal, rice flakes, cereals.

*From May till the end of August.*

**Beneficial:** brown rice (long), wheat.

**Neutral:** brown rice (not long), barley, oats (whole, cooked), sorghum, couscous, rice flour, rice off corn, oats, wholegrain wheat pasta, unbleached flour, wholegrain wheat flour.

**Unrecommended:** buckwheat, corn, fat-hen, rye, corn porridge, wheat off-corn, cereals.

*From September till the end of November.*

Beneficial: brown rice (long), oats (whole cooked), basmati rice (brown).

Neutral: basmati rice (white), sorghum, brown rice(middle-sized), fat-hen, wheat, couscous, rice flour, rice off-corn, unbleached flour, wholegrain wheat flour.

Unrecommended: buckwheat, rye, corn porridge, wheat off-corn, oatmeal, rice flakes, wheat off-corn, cereals.

### **Kidney bean, beans, peas, soya products.**

Beneficial: lentils (red and brown).

Neutral: chickpea, tofu.

Unrecommended: soya beans, kidney beans, beans, husked peas, soya products (except tofu).

### **Nuts and seeds.**

Neutral: coconut, fried sesame seeds, pumpkin seeds (fried), sunflower seeds (fried).

Unrecommended: all nuts. In autumn (from September till November) it is allowed to eat almonds, cashew, pecan nuts, pistachio, and walnuts.

### **Dairy products.**

Beneficial: cottage cheese, ghee, goat milk.

Neutral: cow's milk (unpasteurized and certificated), yoghurt, unsalted butter.

Unrecommended: cheese and sour cream (allowed to consume in small amounts only in Autumn from September till November), butter (salted), cheese (salted), ice-cream, buttermilk, dairy products in powder form.

### **Vegetable oils.**

Beneficial: rape and sunflower oils.

Neutral: corn, almond, olive, avocado, soya, walnut oils; sesame oil (light and dark), apricot, coconut, mustard, carthamus oils.

Unrecommended: animal fat, mixture of vegetable oils.

### **Sweeteners.**

Beneficial: rice milk, fruit juices mix, honey (raw), dates, sweet fruits.

Neutral: barley malt, brown rice syrup, brown sugar (unpurified), maple syrup, fruit juices (concentrated).

Unrecommended: fructose, honey (boiled), sugar substitute products (saccharine etc.), white sugar, molasses.

## **Herbs and spices.**

Beneficial: paprika, sweet peas, badiane, eucalyptus, curcuma, parsley, anise, fennel, peppermint, basil, garlic (cooked), rosemarine, bay leaf, dried ginger, saffron, caraway, sage, mace, marjoram, savory, black pepper, peppermint, mackerel mint, kardamon, mustard seeds, cinnamon, nutmeg, cloves, dried onion, linear-leaved wormwood, coriander, orange peel, thyme, vanilla, dill.

Neutral: fresh ginger, almond extract, cayenne pepper, horse radish, dill seeds, fenugreek, mango powder, orange extract, wormwood.

Unrecommended: raw garlic.

## **Spices and sauces.**

Neutral: pickle-juice (of ginger, lime, cucumber or mango), rock salt, cilantro, black olives, grated radish, lemon juice, horse radish, lime juice, homemade mustard, coconut or sweet mango chutney, mint leaves, sea salt, yoghurt with spices, vinegar (of brown rice and spicy herbs).

Unrecommended: mayonnaise (factory), mustard (factory), iodinate salt, factory vinegar.

## **Liquors, infusions, drinks.**

Beneficial: apricot juice, chicory drink, soya milk (warm, with spices), grape juice, gooseberry juice, carrot juice, cherry juice, carrot and ginger drink, unsweetened mango juice, peach juice.

Neutral: pineapple juice, apple juice, orange juice, banana drink, carrot and veggies juice, salty and sour drinks, pear juice, coffee.

Unrecommended: aloe-vera drinks and juices, sweet fruit juices, alcohol drinks, strong tea, sparkled drinks, chocolate drinks, cold drinks, tomato juice, pomegranate juice, goat milk (warm, with spices).

## **Herbal tea.**

Beneficial: fennel, orange peel, basil, dried ginger, chicory, chamomile, elderflower, cinnamon, lemon sorghum, lavender, melissa, peppermint, cloves, raspberry, rose, saffron, lotus, eucalyptus.

Neutral: alfalfa, ginseng, nettle, jeera, comfrey, blackberry, rye (grains), jasmine, red clover, fresh ginger, spikenard, organum, licorice, hibiscus, hop, dandelion, hyssop, violet.