

Overactive Dosha	Qualities	Diet Should Be
Kapha	Cold, Wet, Heavy	Warm, Dry, Light
Pitta	Hot, Wet, Light	Cool, Dry, Heavier
Vata	Cold, Dry, Light	Warm, Moist, Heavier

Foods for Balancing Kapha

Energy Needs	Warm, Dry, Light (Avoid cold, oily, heavy)
Tastes	Pungent, Bitter, Astringent
Strategy	Eat low fat, low calorie, less total food; hot spices, occasional fasting, less frequency, largest meal midday
Emphasize	Dry and astringent fruits (apple, raisin) Vegetables, especially raw Dry grains (rice cakes) Hot spices (black pepper, chiles) Cooked beans with warming spices Spicy herbal teas (ginger)
Avoid	Sweet fruits Nuts Milk products Oil

Foods for Balancing Pitta

Energy Needs	Cool, Dry, Heavier (Avoid Hot, Wet, Light)
Tastes	Sweet, Bitter, Astringent
Strategy	Mild, bland food, served cool, raw, no hot spices, low oil, eat when calm, three regular meals
Emphasize	Sweet fruits Sweet and bitter vegetables (greens) Beans in general Natural sweeteners (maple syrup) Mild cheeses (cottage cheese) Sweet and cooling drinks (apple juice)
Avoid	Sour fruits Pungent vegetables (onion) Nuts Hot spices (chiles) Fermented milk products (yogurt) Oils

Foods for Balancing Vata

Energy Needs	Warm, Moist, Heavier (Avoid Cold, Dry, Light)
Tastes	Sweet, Sour, Salty
Strategy	Nourishing, easy to digest, warm, filling, heavy, moistening, strengthening, small frequent regular meals, mild warming spices, calm and concentrate while eating
Emphasize	Sweet fruits Cooked vegetables Cooked grains (oatmeal) Nuts Natural sweeteners Mild warming spices (basil) Milk products in moderation, especially warm
Avoid	Dry fruits Dry grains (rice cakes) Raw vegetables Cabbage family (broccoli) Beans in general Any food which causes gas