

## Light Pitta Pacifying Diet

### *Favor the following foods*

General	Food not too hot. Cool or lukewarm drinks according to preference. Sweet, bitter, astringent tastes
Grains	Wheat, white rice, barley, oats, quinoa, sorghum, kamut, spelt, farro, amaranth, red rice, bulgur wheat
Beans/Dhal	Most beans including yellow mung dhal, red lentils, French lentils
Vegetables	Green leafy vegetables, asparagus, artichoke, cabbage, cauliflower, broccoli, celery, chicory, peas, green beans, zucchini, okra, tender eggplant, tender radish (cooked in ghee or oil), lotus root, sprouts, bottle gourd (louki)
Dairy	Milk, sweet lassi
Sweeteners	Sugar, raw honey (in small amounts)
Oils	Ghee, coconut oil, olive oil, unsalted butter, sunflower oil
Nuts/seeds	Sunflower, pumpkin, coconut
Spices	Fennel, coriander, turmeric, saffron, cinnamon, cardamom, whole clove (remove from dish before eating); in small amounts: pink mineral or black salt, cumin, fresh ginger
Fruits	Grapes, pomegranate, mango, kiwi, juice of green coconut, melons, raisins, dates, figs, apricot, apple, pear, persimmon, sweet orange, sweet pineapple, lemon juice (sparingly). Soak dried fruits overnight in water.

### *Avoid or reduce the following foods:*

General	Pungent, sour, salty tastes; heavy foods such as seafood, red meat, eggs, cheese, nut butters, avocado, banana, fried food, raw vegetables, cold food, heavy desserts, packaged and processed food
Grains	Millet, corn, buckwheat, rye, yeasted bread, teff, brown rice
Beans/Dhal	Adzuki beans, black lentils
Vegetables	Tomato, root vegetables except carrot, radish, hot peppers, onion
Dairy	Yogurt (undiluted), aged or salty cheese, salted butter, sour cream. Avoid taking cheese, buttermilk or lassi in the evening
Sweeteners	Molasses, brown sugar
Oils	Corn, almond, safflower and sesame oil
Nuts/seeds	All others
Spices	Chilies, cayenne, long pepper, mustard seed, celery seed, fenugreek, ground clove
Fruits	Papaya, grapefruit, berries, olives, cranberries, prunes, peach, or any unripe or sour fruit

If you feel you need animal flesh, favor poultry at lunch in small amounts