

## Light Vata Pacifying Diet with Pitta Precautions

### *Favor the following foods*

General	Sufficient quantity of warm, unctuous food and tepid or warm beverages to satisfy hunger. Balance of all six tastes at main meals.
Grains	Wheat berries, rice (white or red), cooked oats, semolina, quinoa, couscous, bulgur wheat, kamut, spelt, whole wheat pasta, sorghum, farro
Beans/Dhal	Yellow mung dhal, red lentils, whole mung beans, French lentils
Vegetables	Asparagus, artichoke, fennel, zucchini, okra, cucumber, chard, arugula, carrots, Asian eggplant, louki. In small quantity: leek, winter squashes, peas, snow peas, spinach, daikon, bitter gourd
Milk Products	Whole milk, unsalted butter, sweet or salty lassi
Sweeteners	Whole cane sugar or date sugar in small amounts
Oils	Ghee, coconut, olive, sunflower
Seeds	Pumpkin, sunflower (roast or soak in water before eating)
Spices	Fennel, coriander, cardamom, turmeric, saffron, sweet basil, parsley, cilantro, rosemary; also enjoy in small amounts: fresh ginger, salt, black pepper, cumin, cinnamon, whole cloves, anise, allspice, black mustard seeds, hing (asafetida), lemon juice, tamarind, amchur
Fruits	Sweet, ripe, juicy fruits; soak dried fruits like raisins overnight before eating; apples and ripe pears (lightly cooked); grapes, mango, pomegranate, kiwi, melons, raisins, figs, dates, apricot, peach, sweet cherries, sweet orange, sweet pineapple, coconut (especially juice of green coconut)

### *Avoid or reduce the following foods*

General	Light, dry and raw foods; cold food and drinks; deep-fried food; heavy desserts; any food that gives you gas
Grains	Millet, corn, buckwheat, rye, raw oats, amaranth, teff, barley
Beans/Dhal	Large beans (e.g., chick peas & black beans); black lentils (urad dal)
Vegetables	Salads and raw vegetables, avocado, white potato, Brussels sprouts, red radish, mature (Italian) eggplant, peppers, cauliflower, cabbage, tomato, root vegetables other than carrots & beets
Dairy	Cheese, sour cream, cream, yogurt (except as lassi)
Nuts/Seeds	All nuts and nut butters, sesame seeds, tahini
Spices	Holy basil (tulsi), chili, cayenne, ground cloves, and other hot spices
Fruits	Unripe, dry, or sour fruits; guava, cranberries, persimmon, banana

If non-vegetarian, take poultry at lunchtime and occasionally as soup in the evening. Avoid red meats and seafood.