

Light Vata Pacifying Diet

Favor the following foods

General	Sufficient quantity of warm, unctuous food and warm beverages to satisfy hunger. Balance of all six tastes at main meals.
Grains	Wheat berries, rice (white, red or brown), 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, carrots, Asian eggplant, spinach, louki. Less frequently or in smaller quantity: leek, peas, snow peas, winter squashes
Milk Products	Whole milk, unsalted butter, sweet or salty lassi
Sweeteners	Whole cane sugar or date sugar in small amounts
Oils	Ghee, sesame, coconut, olive
Nuts/seeds	All seeds in limited quantities; roast or soak in water before eating
Spices	Fennel, coriander, cardamom, fresh ginger, turmeric, saffron, basil, parsley, cilantro, rosemary, salt, black pepper, cumin, cinnamon, whole cloves, anise, mustard seeds, fenugreek, 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, papaya, mango, pomegranate, kiwi, melons, raisins, figs, dates, apricot, peach, sweet cherries, berries, sweet orange, pineapple, 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, pinto, kidney & black beans)
Vegetables	Salads and raw vegetables, , avocado, white potato, Brussels sprouts, red radish, mature (Italian) eggplant, peppers, cauliflower, cabbage, tomato, root vegetables other than carrots
Dairy	Cheese, sour cream, cream, yogurt (except as lassi)
Nuts	All nuts and nut butters
Spices	Chili, cayenne, powdered ginger, ground cloves, and other hot spices
Fruits	Unripe, dry, or sour fruits; guava, cranberries, persimmon, banana

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