

Pitta Pacifying Diet

Favor the following foods

General	Cooked food served 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
Beans/Dhal	Most beans including yellow mung dhal, red lentils, French lentils
Vegetables	Green leafy vegetables, asparagus, artichoke, broccoli, cabbage, cauliflower, celery, chicory, cilantro, cucumber, daikon radish (small amounts) dill, fennel, green beans, lotus root, okra, peas, sprouts, sweet potato, zucchini, carrot, beet
Dairy	Milk, butter, cream, fresh cheeses (e.g., mozzarella, panir, cream cheese), sweet lassi
Sweeteners	Whole cane sugar, raw honey (in small amounts – don't heat it or bake with it)
Oils	Ghee, coconut oil, olive oil, unsalted butter, sunflower oil
Nuts/seeds	Sunflower, pumpkin, coconut; almonds & walnuts in small amounts
Spices	Coriander, turmeric, saffron, fennel, cardamom, whole clove (remove from dish before eating); Use these only in small amounts: cinnamon, cumin, ginger, pink mineral or black salt
Fruits	Grapes, pomegranate, banana, avocado, mango, kiwi, coconut (especially juice of green coconut), melons, raisins, dates, figs, apricot, apple, pear, persimmon, sweet orange, sweet pineapple, lemon juice. Soak dried fruits overnight in water.

Avoid or reduce the following foods

General	Pungent, sour, salty tastes; ice water and other ice-cold drinks; eggs, seafood, red meats
Grains	Millet, corn, buckwheat, rye, brown rice, amaranth
Beans/Dhal	Adzuki beans, black lentils (omit chickpeas if skin problems)
Vegetables	Tomato, radish, peppers, onion, garlic, mature eggplant, potato
Dairy	Yogurt (undiluted), aged or salty cheese, salted butter, sour cream. Avoid taking cheese, buttermilk, lassi or takra in the evening
Sweeteners	Molasses, brown sugar, white 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