



# **Balancing Pitta Dosha Diet:**

Ayurvedic texts recommend the principle of opposites for reducing the level of a dosha that has become aggravated. Since the characteristics of Pitta include sharpness, heat, and acidity, qualities that are opposite to these in diet and lifestyle help restore balance to Pitta dosha.

## **Dietary recommendations:**

The following guidelines are to be utilised as a general indication of a proper diet according to your specific doshic balance. These guidelines may be adjusted to suit your individual needs as determined during your initial consultation. Other factors are seasonal, food allergies, and specific doshic imbalances that must be corrected by diet.

Include a few dry foods in your daily diet to balance the liquid nature of Pitta, some “heavy” foods that offer substance and sustained nourishment, and foods that are cool to balance the fiery quality Pitta. So what exactly does this mean in terms of foods you should choose and foods that you should stay away from? Here are some specific dietary tips:

- 1) If you need to balance Pitta, choose Ghee, in moderate quantities, as your cooking medium, (1/4 teaspoon per dish, per person). Ghee, according to the ancient Ayurvedic texts, is cooling for both the mind and body. Ghee can be heated to moderately high temperatures without effecting its nourishing, healing qualities, (don't let the Ghee burn or smoke), so use ghee to sauté vegetables, spices or other foods. You can even season dishes like soups with 1/4 teaspoon of Ghee while serving.
- 2) Cooling foods are wonderful for balancing Pitta dosha. Sweet, juicy fruits, especially pears, can cool a fiery Pitta quickly. Milk, sweet rice pudding, coconut, and coconut juice, and milkshakes made with ripe mangoes and almonds or dates are examples of soothing Pitta-pacifying foods.
- 3) The three Ayurvedic tastes that help balance Pitta are sweet, bitter and astringent, so include more of these tastes in your daily diet. Milk, fully ripe, sweet fruits, and soaked and blanched almonds make good snack choices. Eat less of the salty, pungent and sour tastes.
- 4) Dry cereal, crackers, granola and cereal bars, and rice cakes balance the liquid nature of Pitta dosha, and can be eaten any time hunger pangs strike during the day.
- 5) Carrots, asparagus, bitter leafy greens, fennel, cruciferous vegetables such as broccoli, cauliflower, and brussels sprouts, green beans and bitter melon (in very small quantities) are good vegetable choices. They become more digestible when chopped and cooked with Pitta-satisfying spices. Vegetables can be combined with grains or mung beans for satisfying one-dish meals. Avoid nightshades, or use very sparingly. (Nightshades are tomato, white potato, eggplant and bell pepper).
- 6) Basmati rice is excellent for balancing Pitta. Wheat is also good- fresh flatbreads made with whole wheat flour (called atta or chapatti flour and available at Indian grocery stores) combine well with cooked vegetables or Pitta-balancing chutneys such as coriander or mint, (green), chutney. Oats and amaranth are other Pitta-balancing grains.
- 7) Choose spices that are not too heating or pungent. Ayurvedic spices such as small quantities of turmeric (1/8th teaspoon), cumin, coriander, cinnamon, cardamom and fennel offer flavor, aroma and healing wisdom.



8) Drink sweet lassi (home made yoghurt drink: blend 1 part yoghurt to 2 parts cool water, and sweeten with maple syrup or raw sugar), with lunch to help enhance digestion and cool, not ice-cold water to quench thirst.

## Food Guidelines For Balancing Pitta Dosha:

Foods to Favor	Foods to have in Moderation	Foods to Avoid
<b>Grains:</b>		
Rice (Basmati, white or wild)	Polenta	Buckwheat
Amaranth	Brown Rice	Bread made with yeast
Barley	Muesli	Corn
Cereal, dry	Dry Oats	Millet
Couscous	Oat Bran (dry)	Oat Granola
Wheat Bran	Crackers	Rye
Durham (Wheat) Flour		
Granola		
Oat Bran (Cooked)		
Oats (Cooked)		
Pancakes		
Pasta		
Quinoa (Cooked)		
Rice Cake		
Seitan (Wheat Gluten)		
Spelt		
Sprouted Wheat		
Tapioca (Sago)		
Wheat		



Foods to Favor	Foods to have in Moderation	Foods to Avoid
<b>Vegetables: (Steamed or boiled- not fried)</b>		
Asparagus	Mushroom	Beet Greens
Acorn Squash	Beets	Fenugreek Greens (Methi)
Tender & Bitter Greens (Collards & Dandelion)	Onion	Garlic
Artichoke	Spinach	Horseradish
Broccoli	Leeks	Green Olives
Brussels Sprouts	Eggplant	Kohlrabi
Burdock Root	Potato (White)	Tomatoes
Butternut Squash	Bell Pepper (without seeds- use sparingly)	Turnip
Cabbage		Turnip Greens
Fresh Corn		Radishes
Cauliflower		Onions (Raw)
Cucumber		Mustard Greens
Celery		Daikon Radish
Okra		
Green Beans		
Jicama		
Olives (black)		
Parsley		
Parsnip		
Peas		
Potatoes (Sweet)		
Pumpkin		
Rutabaga		



Foods to Favor	Foods to have in Moderation	Foods to Avoid
Scallopini Squash		
Spaghetti Squash		
Sprouts		
Squash (Summer & Winter)		
Yellow Crook Neck Squash		
Zucchini		
Wheat Grass		
<b>Fruits (Generally ripe and sweet)</b>		
Apples (Sweet)	Lime	Grapefruit
Apple Sauce (Unsweetened)	Apples (Sour)	Kiwi
Apricots (Sweet)	Bananas	Apricots (Sour)
Avocado	Strawberries (Sweet)	Plum (Sour)
Berries (Sweet)	Cherries (Sour)	Tamarind
Cherries (Sweet)	Papaya	Sour Sop
Coconut	Grapes (Green)	Rhubarb
Figs	Lemon	Persimmons
Grapes (Sweet)	Mangoes (Green)	Strawberries (Sour)
Mangoes (Ripe and Sweet)	Peaches	Oranges (Sour)
Melons		Berries (Sour)
Oranges (Sweet)		Cranberries
Pear		
Pineapple (Sweet)		
Plums (Sweet)		
Pomegranates		
Quince (Sweet)		
Prunes		



Foods to Favor	Foods to have in Moderation	Foods to Avoid
Raisins		
Watermelon		
<b>Lentils &amp; Legume (Well cooked- until soft)</b>		
Mung Beans	Soy Flour	Soy Sauce
Mung Dhal	Soy Powder	
Red or Brown Lentils	Miso	
Lima Beans	Soy Sausage	
Garbonzo Beans (small portions- 1/2 cup)		
Black Beans	Tur Dhal	
Black-Eyed Peas	Urad Dhal	
Kidney Beans		
Aduki Beans		
Black Lentil		
Pinto Beans		
Soy Beans		
Split Peas		
Navy Beans		
Temphe		
Tofu		
White Beans		
Green Peas		
<b>Dairy</b>		
Cow's Milk (2% or 1% is best)	Hard Cheeses	Yoghurt (Frozen or with fruit)
Goat Milk	Sour Cream	Butter (Salted)
Unsalted Butter	Ice Cream	Buttermilk (Commercially made)



Foods to Favor	Foods to have in Moderation	Foods to Avoid
Cottage Cheese		Feta Cheese
Mild, soft cheeses (Not aged, unsalted)		
Goat Cheese (Soft, unsalted)		
Ghee		
Yoghurt (Freshly made, diluted with water/ homemade Buttermilk)		
Paneer (Indian Cheese)		
<b>Meat/ Animal Products</b>		
Chicken (White)	Shrimp	All Seafood
Turkey (White)	Egg Yolk	Beef
Eggs Whites		Chicken (Dark meat)
Fresh Water Fish		Turkey (Dark meat)
Venison (Deer)		Fish (From the sea)
Buffalo		Lamb
		Pork
		Salmon
		Sardine
		Tuna fish
		Shell fish
		Duck
<b>Condiments</b>		
Black Pepper	Lime	Daikon Radish
Coconut	Dulse (Red Algae)	Black Sesame Seeds
Coriander Leaves (Cilantro)	Hijiki (Sea Vegetable)	Chili Peppers
Mango Chutney (Sweet)	Kombu (Kelp)	Mango Chutney (Spicy)
Mint Leaves	Seaweed	Ketchup



Foods to Favor	Foods to have in Moderation	Foods to Avoid
Mint Chutney	Salt	Mustard
Sprouts	Tamari	Lemon
Lettuce	Scallions	Mayonaisse
Ghee	Tamarind Chutney	Soy Sauce
Carob		Vinegar
		Gomasio (Un-hulled Sesame Seeds)
		Lime Pickle
		Horseradish
		Chocolate
		Pickles
<b>Nuts</b>		
Coconut	Pecans	Almonds with skin
Charole (Indian nut)	Pine Nuts	Walnut (All kinds)
Almond (Soaked & hulled)	Macadamia Nuts	Brazil Nuts
		Cashews
		Hazelnut
		Peanut
		Pistachio
<b>Seeds</b>		
Flax Seeds	Sesame Seeds (light Brown)	Black Sesame Seeds
Buttered Popcorn (no Salt)		Chia
Psyllium		Tahini
Pumpkin Seeds		
Sunflower		
<b>Oils</b>		
Sunflower Oil	Almond Oil	Corn Oil



Foods to Favor	Foods to have in Moderation	Foods to Avoid
Ghee	Safflower Oil	Sesame Oil
Canola Oil		
Soy Oil		
Olive Oil		
Flax Seed Oil		
Primrose Oil		
Walnut Oil		
Coconut Oil		
<b>Beverages</b>		
Almond Milk	Soy Milk	Berry Juices (Sour)
Aloe Vera Juice	Chai	Caffeinated Beverages
Apple Juice	Black Tea	Carbonated Drinks
Apricot Juice	Miso Broth	Carrot/ Ginger Juice
Berry Juices (Sweet)	Orange Juice	Cranberry Juice
Cherry Juice (Sweet)	Alcohol (Beer, Dry White Wine)	Grapefruit Juice
Coconut Milk	Carrot Juice	Cherry Juice (Sour)
Coconut Smoothies	Carrot/Vegetable Combination Juices	High Sodium Drinks
Cool Dairy Drinks (Not Iced-Cold)	Ginger Tea	Ice-Cold Drinks
Date Shake	Chocolate drinks	Lemonade
Goat Milk	Banana Shake/Smoothie	Papaya Juice
Grape Juice	Coffee	Pungent Teas
Mango Juice	Apple Cider	Sour Juices and Teas
Mixed Vegetable Juice (Freshly Made)		Tomato Juice
Grain Teas (Barley, Cafix, Pero, Roma)		Iced Tea





Foods to Favor	Foods to have in Moderation	Foods to Avoid
Peach Nectar		Chocolate Milk
Pear Juice		Pineapple Juice
Pomegranate Juice		V8 Juice
Prune Juice		Alcohol (Hard, Red & Sweet Wine)
Rice Milk		
<b>Herbal Teas</b>		
Alfalfa	Hawthorne	Ajwan (Indian Spice)
Bansha	Burdock	Eucalyptus
Blackberry	Rose Hips	Yerba Mate
Barley	Basil	Clove
Borage	Orange Peel	Fenugreek
Chamomile	Comfrey	Ginger (Dry)
Chickory	Cinnamon	Ginseng
Chrysanthemum	Anise	Hyssop
Corn Silk		Juniper Berry
Elder Flower		Mormon
Dandelion		Osha
Fennel		Penny Royal
Yarrow		Red Zinger
Hibiscus		Sage
Hops		Sassafrass
Jasmine		
Kukicha		
Lavender		
Lemon Balm		
Lemon Grass		



Foods to Favor	Foods to have in Moderation	Foods to Avoid
Licorice		
Lotus		
Nettle		
Oat Straw		
Passion Flour		
Peppermint		
Raspberry		
Red Clover		
Rose Flowers		
Saffron		
Sarsaparilla		
Spearmint		
Strawberry		
Violet		
Winter Green		
<b>Spices</b>		
Fresh Basil Leaves	Orange Peel	
Black Pepper	Anise	Ajwan (Indian Spice)
Coriander Seeds	Caraway	Asafoetida (Hing)
Cumin Seeds	Cinnamon	Basil (Dried)
Cardamom	Parsley	Cayenne
Dill	Cilantro Leaves	Cloves
Fennel	Tarragon	Garlic (especially raw)
Mace	Bay Leaves	Ginger (Dry)
Mint	Fenugreek	Horseradish
Peppermint	Rosemary	Marjoram
Saffron	Thyme	Mustard Seeds



Foods to Favor	Foods to have in Moderation	Foods to Avoid
Spearmint	Almond Extract	Nutmeg
Tumeric	Allspice	Oregano
Wintergreen		Onion (especially raw)
Rose Water		Paprika
Neem Leaves		Pippali (Indian Spice)
Vanilla		Poppy Seeds
		Sage
		Savory Mint
		Amchoor (Indian Spice)
<b>Sweeteners</b>		
Barley Malt	Honey	Jaggery (Indian Brown Sugar)
Brown Rice Syrup	Fruit Juice Concentrates	Molasses
Dried or Fresh Sugar Cane Juice		White Sugar
Maple Syrup		High Fructose Corn Syrup
Turbinado (Unrefined Raw Sugar, "Sugar in The Raw")		
Date Sugar		
<b>Food Supplements</b>		
Aloe Vera Juice	Bee Pollen	Amino Acids
Barley (Green)	Royal Jelly	
Brewer's Yeast		
Blue Green Algae		
Spirulina		