Kapha Diet

General Guidelines

Kapha predominant constitutions should focus on a diet that is warming, light in mass and dry in texture. Avoid food that is cold, heavy and oily. Focus on pungent, bitter, and astringent tastes. Avoid sweet, salty, and sour tastes. Add more spices and herbs. Eat smaller meals less frequently. Focus on eating three regular meals a day with the heaviest meal at lunch. It is better for the individual with a Kapha body type not to eat in the evenings, especially heavy items. Fasting seasonally or once a week is helpful to keep Kapha under control. Avoiding breakfast may also help. Sleeping less than four hours after eating should be avoided.

Type of Food Emphasize Moderate Avoid

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Apples, Cranberries, Grapefruit Dates, Oranges,

Fruits Dry Fruits Limes, Lemons, Bananas, Cherries,

(generally) Papayas, Pears, Melons, Figs, Pomegranates Plums, Strawberries,

Mangoes, Pineapples

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Broccoli, Cabbage, Bell Peppers, Potatoes,

Chilies, Celery, Peas, Parsley, Cauliflower, Cucumbers

Vegetable Green Beans, Carrots, Spinach, Eggplants, Sweet

Beets, Mushrooms, Tomatoes, Okra, Squashes, Potatoes

Cilantro, Lettuce, Corn (Fresh),

Asparagus, Watercress, Seaweeds

Turnips, Mustard Greens,

Chard, Alfafa Greens \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dry or Popped Grains Buckwheat, Millet Couscous, Oats,

Grains Quinoa, Barley Rye, Corn, Brown Rice

Basmati Rice White Rice, Wheat

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Nuts None Pumpkin, Sunflower Walnuts, Cashews,

And Seeds Seeds, Coconut, Almonds, Pine Nuts,

Sesame Seeds Filberts, Pecans, Brazil

Nuts

Beans Aduki, Lima, Chick-Peas, Kidney, None

Lentils, Soy Mung, Tofu, Split Peas

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Rice Milk Goat Milk Butter, Cheese, Ice

Dairy Ayurvedic Ghee Cream, Cream, Sour

Buttermilk Kefir Cream, Yogurt, Milk,

Cottage Cheese

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Animal None Chicken Beef, Eggs,

Products Turkey Lamb, Pork,

Shellfish

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Black Pepper, Cayenne

Garlic, Horseradish,

Spices Mustard, Cardamon, Fennel, Mint, Sea Salt

Cloves, Turmeric, Ginger, Nutmeg Rock Salt

Fenugreek, Coriander, Cinnamon, Cilantro, Basil,

Cumin, Asafetida, Parsley

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Oils Mustard Corn, Peanut, Ghee, Almond, Olive,

Safflower, Sunflower Soy Sesame, Avocado,

Butter

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Sweeteners None Honey Maple Syrup, White

Sucanat Sugar, Brown Sugar,

Fruit Sugar, Molasses

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