Pitta Diet

General Guidelines

Pitta predominant constitutions should focus on a diet that cools, is slightly heavy and a little dry. They should choose foods which are sweet, bitter, and astringent while avoiding sour, salty and pungent tastes as these tastes serve only to increase Pitta. Foods which are cool, raw, very lightly spiced and cooked with little oil are balancing for Pitta. They should avoid foods which are fried and overly cooked. Before eating, Pitta constitutions should make sure that they are not angry, irritable, or upset. Three regular meals are usually sufficient. Avoid eating late at night.

Type of Food Emphasize Moderate Avoid

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Apples, Cranberries, Apricots, Bananas,

Dates, Figs, Grapes, Cherries, Lemons,

Pears, Persimmons, Limes, Mangoes, Grapefruit

Fruit Pineapples, Oranges, Papayas,

Pomegranates, Peaches, Plums

Prunes Raspberries

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Alfafa Sprouts, Asparagus, Beets, Bell Peppers

Broccoli, Brussel Sprouts, Carrots, Chard, Corn,

Cabbage, Cauliflower, Eggplant, Onions Avocados,

Vegetable Celery, Cilantro, Cu- (cooked), Parsley, Chilies

Cumber, Green Beans, Potatoes, Sweet Potatoes, Onions (raw)

Lettuce, Mushrooms Radishes, Seaweed, Tomatoes

Okra, Peas (fresh) Spinach, Squash,

Sunflower Sprouts Turnips, Watercress \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Basmati Rice Blue Corn, Brown Rice,

Grains Barley, Couscous, Buckwheat, Corn, None

Granola, Oats Millet, Rye

Quinoa, Wheat

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Nuts Coconuts, Peanuts, Pine Nuts

And Seeds Sunflower Seeds Pumpkin Seeds None

Sesame Seeds

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

Mung, Tofu Lentil, Soy, Split Peas

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Cheese (unsalted) Cheese (salted) Buttermilk,

Dairy Cottage Cheese, Kefir Ice Cream,

Cream, Milk Sour Cream, Yogurt

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Animal None Chicken (white meat) Beef, Eggs,

Products Egg White, Fish, Lamb, Pork,

Turkey Shellfish

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Basil, Cardamon, Asafetida (hing)\*

Cilantro, Coriander Cinnamon, Cumin, Black Pepper,

Spices Fennel Ginger (fresh), Mint, Cayenne, Cloves,

Nutmeg, Rock Salt, Fenugreek, Garlic,

Turmeric Ginger (Dry), Horse-

Radish, Mustard, Salt

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Oils Ghee, Butter, Corn, Olive, Soy, Almond, Peanut,

Coconut Safflower, Sunflower Sesame

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Fresh Honey, Fruit Molasses, White Sugar

Sweeteners Sugar, Maple Old Honey

Syrup, Raw Sugar,

Sucanat

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Kerala Ayurveda Academy 2010