Vata Diet

General Guidelines

Vata predominant constitutions should focus on a diet that calms, strengthens, grounds and nourishes. Food should be warm, moist and heavy. Focus on sweet, sour, and salty tastes. Avoid bitter, pungent, and astringent tastes. Meals should be small, frequent, and at regular intervals. Food should be warmed, steamed, or cooked. Avoid fast food, instant food, and junk food. Before eating, make sure that you are not nervous, anxious, tense, afraid, or worried. Concentrate on eating and avoid watching television, having a conversation, laughing, driving, reading, or any activity that will distract focus from your meal.

Type of Food Emphasize Moderate Avoid

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Grapefruit, Limes, Pears, Bananas Cranberries, Melons Lemons, Prunes, Oranges, Peaches, Dry Fruits

Strawberries, Grapes Apples (cooked),

Fruit Cherries, Pineapples Pomegranates, Apricots

Raspberries, Dates Plums, Permissons

Mangoes, Papayas, Figs

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Cooked Onions, Carrots, Eggplant, Tomatoes, Mushrooms,

Sweet Potatoes, Chilies, Potatoes, Corn(fresh), Raw Onions

Parsley, Cilantro, Beets, Bell Peppers, Peas, Brussel

Seaweeds, Avocado, Green Beans, Arti-, Sprouts

Radishes choke, Squash, Broccoli

Turnips, Mustard Cabbage

Vegetable Greens, Okra, Lettuce

Watercress, Alfafa

Sprouts, Cauliflower, Asparagus, Celery,

Cucumber, Sunflower

Sprouts, Chard

Spinach

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Wheat, Basmati Millet, Buckwheat, Dried Grains

Grains Rice, Brown Rice, Corn, Quinoa, Barley, Granola

Oats, Couscous Rye

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Pecans, Walnuts Sunflower Seeds,

Nuts Almonds, Pine Coconut,

And Seeds Nuts, Filberts, Pumpkin Seeds None

Sesame Seeds,

Cashews, Brazil

Nuts

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Mung Tofu, Kidney Beans, Pinto

Beans Lima Beans, Aduki Beans, Lentils,

Beans, Chick Peas Split Peas, Soy

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Ghee, Butter- Cheese Ice Cream

Milk, Cream, Kefir,

Dairy Yogurt, Milk,

Cottage Cheese,

Butter, Sour Cream

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Animal Eggs, Fish, Shell- Turkey, Chicken, Lamb Pork

Products Fish Beef

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Fennel, Asafetida, Nutmeg, Black Pepper

Garlic, Coriander, Mint, Turmeric, Mustard None

Spices Cloves, Ginger, Cayenne, Sea Salt

Cumin, Cinnamon, Horseradish

Basil, Rock Salt,

Fenugreek

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Ghee, Sesame, Butter, Peanut, Mustard

Oils Olive, Avocado, Coconut, Soy, Corn, None

Almond Safflower

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Sucanat, Raw Sugar, Fruit Sugar, White Sugar

Sweeteners Molasses, Maple Honey

Syrup

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Kerala Ayurveda Academy 2010

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