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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