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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