

Basic Food Guidelines for Pitta Dosha

PITTA

*OK in moderation; ** OK occasionally

	NO	YES		NO	YES
FRUITS	<i>Generally most Sour Fruits</i>	<i>Generally most Sweet Fruits</i>	VEGETABLES	<i>In general, pungent vegetables</i>	<i>In general, most sweet&bitter vegetables</i>
	Apples (sour)	Apples (sweet)		Beet greens	Artichoke
	Apricots (sour)	Applesauce		Burdock root	Asparagus
	Bananas	Apricots (sweet)		Carrots (raw)*	Beets (cooked)
	Berries (sour)	Avocado		Corn (fresh)**	Bitter melon
	Cherries (sour)	Berries (sweet)		Daikon radish	Broccoli
	Cranberries	Cherries (sweet)		Eggplant	Brussel sprouts
	Grapefruit	Coconut		Garlic	Cabbage
	Dates	Dates		Green chilies	Carrots (cooked)
	Grapes (green)	Figs		Horseradish	Cauliflower
	Kiwi**	Grapes (red&purple)		Kohlrabi**	Celery
	Lemons	Limes*		Leeks (raw)	Cilantro
	Mangoes (green)	Mangoes (ripe)		Mustard greens	Cucumbers
	Papaya*	Melons		Olives, green	Dandelion greens
	Peaches	Oranges (sweet)		Onions (raw)	Fennel (anise)
	Persimmons	Pears		Peppers (hot)	Green beans
	Pineapple (sour)	Pineapple (sweet)		Prickley pear (fruit)	Jerusalem artichoke
	Plums (sour)	Plums (sweet)		Radishes	Jicama
	Rhubarb	Pomegranates		Spaghetti squash*	Kale
	Strawberries	Prunes		Spinach(cooked)**	Leafy greens
	Tamarind	Raisins		Spinache (raw)	Leeks (cooked)
		Watermelon		Tomatoes	Lettuce
				Turnip greens	Mushrooms
				Turnips	Okra
				Watercress*	Onion (cooked)
					Onion
					Parsley
					Parsnips
					Peas
					Peppers, sweet
					Potatoes, sweet
					Potatoes, white
					Prickley pear leaves
					Pumpkin
					Radishes, cooked
					Rutabaga
					Sprouts, not spicy
					Squash (summer)
					Squash (winter)
					Taro root
					Wheat grass sprouts
					Zucchini
GRAINS	Oats (dry)	Durham flour			
	Polenta	Granola			
	Quinoa	Oat bran			
	Rice (brown)	Oats (cooked)			
	Rye	Pancakes			
		Pasta			
		Rice (basmati,white,wild)			
		Rice cakes			
		Sago			
		Spelt			
		Sprouted wheat bread (Ezekial 4:9)			
		Tapioca			
		Wheat bran			
OILS	Almond	<i>For internal & external use</i>			
	Apricot	<i>Most suitable=top of list</i>			
	Corn	Sunflower			
	Safflower	Ghee			
	Sesame (internal)	Olive			
		Soy			
		Flax seed			
		Primrose			
		Walnut			
		<i>External use only:</i>			
		Avocado			
		Coconut			

PITTA

NO

YES

NO

YES

CONDIMENTS

Black Sesame seeds	Black pepper*
Chili peppers	Coconut
Daikon radish*	Coriander leaves
Garlic	Cottage cheese
Ginger	Dulse (well-rinsed)*
Grated Cheese	Ghee
Horseradish	Hijiki (well-rinsed)*
Kelp	Kombu*
Ketchup	Lettuce
Mustard	Mango Chutney (Sweet)
Lemon, Lime	Mint leaves
Lime Pickle	Sprouts
Mango Pickles	
Mayonnaise	
Onions (esp. raw)	
Papaya Chutney	
Pickles	
Radish	
Salt (in excess)	
Sesame seeds	
Scallions	
Soy Sauce	
Tamari	
Yogurt (undiluted)	

LEGUMES

Miso	Aduki beans
Soy sauce	Black beans
Soy sausages	Black-eyed peas
Tur dal	Chick peas
Urad dal	(garbanzo beans)
	Lentils (red&brown)
	Lima beans
	Mung beans
	Navy beans
	Peas (dried)
	Pinto beans
	Soy beans
	Soy cheese
	Soy flour
	Soy milk
	Split peas
	Tempeh
	Tofu
	White beans

SEEDS

Chia	Flax
Sesame	Halva
Tahini	Popcorn(no salt/buttered)
	Psyllium
	Pumpkin*
	Sunflower

SWEETENERS

Honey (raw & not processed)	Barley Malt
White sugar	Fructose
Jaggary	Fruit juice concentrates
Molasses	Maple syrup
	Rice syrup
	Sucanat
	Turbinado

ANIMAL FOODS

Beef	Buffalo
Chicken (dark)	Chicken (white meat)
Duck	Eggs (white only)
Eggs (yolk)	Freshwater fish
Fish (sea)	Rabbit
Lamb	Shrimp*
Pork	Turkey (white meat)
Salmon	Venison
Sardines	
Tuna Fish	
Turkey (dark)	

NUTS

Almonds (w/skin)	Almonds(soaked&peeled)
Walnuts	Charole
Brazil nuts	Coconut
Cashews	
Filbert	
Hazelnut	
Macadamia nut	
Peanuts	
Pecans	
Pine nuts	
Pistachios	

DAIRY

Sour cream	Butter (unsalted)
	Cheese (soft, not aged, unsalted)
	Cottage cheese
	Cow's milk
	Ghee
	Goat's milk
	Goat's cheese (soft, unsalted)
	Ice cream
	Diluted yogurt (1:4 pts w/water)

