

Basic Food Guidelines for Vata Dosha

VATA

*OK in moderation; ** OK occasionally

	NO	YES		NO	YES
FRUITS	<i>Generally most dried Fruits</i>	<i>Generally most Sweet Fruits</i>	VEGETABLES	<i>Generally, raw or dried veges.</i>	<i>In general, veges. should be cooked</i>
	Apples, raw	Apples (cooked)		Artichoke	Asparagus
	Cranberries	Applesauce		Beet greens	Beets
	Dates, dry	Apricots		Bitter melon	Carrots
	Figs, dry	Avocado		Broccoli	Cilantro
	Pears	Bananas		Brussel sprouts	Cucumbers
	Persimmons	Berries		Burdock root	Fennel (anise)
	Pomegranates	Cherries		Cabbage, cooked*	Garlic
	Watermelon	Coconut		Cauliflower, cooked*	Green beans, well cooked
		Dates (fresh)		Celery	Green chilies
		Figs (fresh)		Corn (fresh)**	Leeks (cooked)
		Grapefruit		Daikon radish*	Mustard greens
		Grapes		Dandelion greens	Okra
		Kiwi		Eggplant	Olives, black & green
		Limes* & Lemons		Horseradish**	Onion (cooked)
		Mangoes (ripe)		Jeru. Artichoke*	Parsnips
		Melons		Jicama*	Parsley*
		Oranges		Leafy greens*	Peas, cooked
		Papaya		Kale	Potatoes, sweet
		Peaches		Kohlrabi**	Pumpkin
		Pineapple		Lettuce*	Rutabaga
		Plums		Mushrooms	Spaghetti squash*
		Prunes (soaked)		Peppers, sweet & hot	Spinache*
		Raisins (soaked)		Potatoes, white	Sprouts
		Rhubarb		Tomatoes, cooked**	Squash, summer & winter
		Strawberries		Tomatoes, raw	Taro root
		Tamarind		Turnips	Turnip greens*
				Wheat grass sprouts	Watercress
					Zucchini
GRAINS	Barley	Amaranth*	SWEETENERS	White sugar	Barley Malt
	Breads w/yeast	Durham flour			Fructose
	Buckwheat	Oats (cooked)			Fruit juice concentrates
	Cereal (cold, dry or puffed)	Pancakes			Honey, raw, not processed
	Corn	Quinoa			Jaggary
	Couscous	Rice, all kinds			Maple syrup
	Crackers	Sprouted wheat bread (Ezekial 4:9)			Molasses
	Granola	Wheat			Rice syrup
	Millet				Sucanat
	Museli				Turbinado
	Oat bran				
	Oats (dry)				
	Pasta**				
	Polenta**				
	Rice cakes**				
	Rye				
	Sago				
	Spelt				
	Tapioca				
	Wheat bran				

VATA

NO

YES

NO

YES

CONDIMENTS

Black pepper*
Chili peppers
Coriander leaves*
Mint leaves*
Sprouts*

Black sesame seeds
Coconut
Cottage cheese
Grated cheese
Daikon radish
Dulse
Garlic
Ghee
Ginger
Hijiki
Horseradish
Kelp
Kombu
Lemon, Lime
Lime Pickle
Mango Chutney (Sweet)
Mango Pickles
Mayonnaise
Mustard
Onion, cooked
Papaya Chutney
Pickles
Radish
Salt
Seaweeds
Sesame seeds
Scallions
Soy Sauce
Tamari
Vinegar
Yogurt (undiluted)

LEGUMES

Black beans
Black-eyed peas
Chick peas
(garbanzo beans)
Kidney beans
Common lentils
Lima beans
Navy beans
Pinto beans
Soy beans
Soy flour
Soy Powder
Split peas
Tempeh
White beans

SEEDS

Popcorn
Psyllium

OILS

Flax seed

In moderation:

Aduki beans
Black lentils
Mung beans
Red lentils
Soy cheese
Soy milk
Tepery beans
Tofu
Tur dal
Urad dal

Chia
Flax
Halva
Pumpkin
Sesame
Sunflower
Tahini

**For internal & external use
Most suitable=top of list**

Sesame
Ghee
Olive
Most other oils
External use only:
Coconut
Avocado

NUTS

None

In moderation:

Almonds
Walnuts
Brazil nuts
Cashews
Charole
Coconut
Filbert
Hazelnut
Macadamia nut
Peanuts
Pecans
Pine nuts
Pistachios

ANIMAL FOOD

Lamb
Pork
Rabbit
Venison
Turkey (white meat)

Beef
Buffalo
Chicken
Duck
Eggs
Fish
Salmon
Sardines
Shrimp*

DAIRY

Powdered milk
Hard Cheese*
Ice cream*
Sour cream*

Butter
Buttermilk
Cheese, soft
Cottage cheese
Cow's milk
Ghee
Goat's milk
Goat's cheese
Yogurt, diluted & spiced

