



Naturopathic Foundations

KAPHA Pacifying Diet

	Avoid	Increase
Vegetables	<i>In general sweet and juicy vegetables</i> cucumber, olives (black or green), parsnips, sweet potatoes, pumpkin, winter squash, raw tomatoes, zucchini	<i>In general most pungent and bitter vegetables</i> artichoke, asparagus, beets, bitter melon, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, cilantro, corn, dandelion greens, eggplant, fennel (anise), garlic, green beans, green chillies, horseradish, kale, kohlrabi, leafy greens, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, peas, peppers, potatoes-white, radishes, rutabaga, spinach, spouts, squash (spaghetti* and summer), tomatoes (cooked), turnips, watercress, wheat grass
Fruits	avocado, bananas, coconut, dates, dried fruit, figs, grapefruit, grapes, kiwi, lemons, limes, mangoes, melons, oranges, papaya, pineapple, plums, rhubarb, sour fruit, strawberries, sweet fruit, tamarind, watermelon	apples, apricot, berries, blueberries, cherries, cranberries, nectarines, peaches, pears, persimmons, pomegranates, prunes, raisins
Grains	bread (with yeast), oats (cooked), pancakes, pasta*, rice (brown, white), rice cakes*, wheat	amaranth*, barley, buckwheat, cereal (all), corn, couscous, crackers, durham flour*, granola, millet, muesli, oat bran, oats (dry), quinoa*, rice (basmati, wild)*, rye, spelt*, sprouted wheat, tapioca, wheat bran
Dairy	butter (unsalted)*, cheese (soft & hard), cow's milk, ice cream, sour cream, yogurt (plain, frozen or with fruit)	buttermilk*, cottage cheese (from skimmed goat's milk), ghee*, goat's cheese*, goat's milk-skim, yogurt (diluted)
Legumes	kidney beans, miso, soy beans, soy cheese, soy flour, soy powder, soy sauce, tofu (cold), urad dal,	aduki/black/lima/mung/navy/pinto & white beans, black-eyed peas, chickpeas or garbanzo beans, lentils (brown & red), mung dai, peas (dried), soy milk, soy sausages, split peas, tempeh, tofu (hot), tur dal,
Animal Foods	beef, chicken (dark), duck, fish (sea), lamb, pork, salmon, sardines, seafood, tuna fish, turkey (dark)	chicken (white), eggs, fish (freshwater), rabbit, shrimp, turkey (white), venison



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Oils	Avocado, apricot, coconut, flax seed*, olive, primrose, safflower, sesame (internal), soy, walnut	For internal & external use in small amounts: most suitable listed first - corn, canola, sesame (external), sunflower, ghee, almond
Beverages	alcohol (beer, hard, sweet wine), almond milk, caffeinated beverages*, carbonated drinks, chocolate milk, coffee, cold dairy drinks, iced tea, icy cold drinks, lemonade, miso broth, rice milk, soy milk (cold) Juice of: cherry (sour), grapefruit, orange, papaya, sour juices, tomato, V-8 Herb Teas: licorice*, marshmallow, rosehip*	alcohol (dry wine, red or white), apple cider, black tea (spiced), carob, chai (hot, spiced milk)*, grain coffee*, soy milk (hot & well-spiced) Juice of: aloe vera, apple*, apricot, berry, carrot, cherry (sweet), cranberry, grape, mango, peach nectar, pear, pineapple*, pomegranate, prune Herb Teas: most herbal teas other than those listed on the 'avoid' column
Nuts / Seeds	almonds, brazil nuts, cashews, coconut, filberts, hazelnuts, macadamia nuts, peanuts, pecans, pine nuts, pistachios, walnuts, psyllium*, sesame, tahini	NO NUTS or SEEDS - minimum quantities of chia, flax*, popcorn (no salt, no butter), pumpkin*, sunflower*
Sweeteners	barley malt, fructose, maple syrup, molasses, rice syrup, sucanat, white sugar	Fruit juice concentrates, honey (raw & not processed)
Condiments	chocolate, chutney, mango (sweet), kelp, ketchup*, lime, lime pickle, mango pickle, mayonnaise, pickles, salt, soy sauce, tamari, vinegar	black pepper, chilli peppers, chutney, mango (spicy), coriander leaves, dulse*, horseradish, lemon*, mustard, scallions, seaweed*, sprouts
Food Supplements	minerals: potassium	aloe vera juice, amino acids, barley green, bee pollen, brewer's yeast, minerals: copper, calcium, iron, zinc, magnesium, royal jelly, spirulina and blue green algae, Vitamin A, B, B12, C, D, E
Spices	Salt	<i>All spices are good!</i>

* minimum quantities