



# Naturopathic Foundations

## PITTA Pacifying Diet

	<b>Avoid</b>	<b>Increase</b>
<b>Vegetables</b>	<i><b>In general pungent vegetables</b></i> beet greens, beets-raw, corn (fresh)*, eggplant*, garlic, green chillies, horseradish, kohlrabi*, leeks (raw), mustard greens, olives-green, onions (raw), peppers (hot), prickly pear (fruit), radish, spinach (raw), tomatoes, turnip greens, turnips	<i><b>In general sweet &amp; bitter vegetables</b></i> artichoke, asparagus, beets (cooked), bitter melon, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, cilantro, cucumber, dandelion greens, fennel (anise), green beans, jerusalem artichoke, kale, leafy greens, leeks (cooked), lettuce, mushrooms, olives-black, onions (cooked), parsley, parsnips, peas, peppers-sweet, potatoes, pumpkin, radishes (cooked), rutabaga, sprouts (not spicy), squash, watercress*, wheat grass sprouts, zucchini
<b>Fruits</b>	apples (sour), apricots (sour), bananas, berries (sour), cherries (sour), cranberries, grapefruit, grapes (green), kiwi, lemons, mangoes (green), nectarines, oranges (sour), peaches, persimmons, pineapple (sour), plums (sour), rhubarb, sour fruit, strawberries, tamarind	apples (cooked & sweet), applesauce, apricots (sweet), avocado, berries (sweet), cherries (sweet), coconut, dates, dried fruit, figs, grapes (red & purple), mangoes, melons, oranges (sweet), pears, pineapple (sweet), plums (sweet), pomegranates, prunes, raisons, sweet fruit, watermelon
<b>Grains</b>	bread (with yeast), buckwheat, corn, millet, muesli*, oats (dry), polenta*, quinoa, rice (brown)*, rye	amaranth, barley, cereal (dry), couscous, crackers, durum flour, granola, oat bran, oats (cooked), pancakes, pasta, rice (basmati, white, wild), rice cakes, spelt, tapioca, wheat, wheat bran
<b>Dairy</b>	butter (salted), buttermilk, cheese (hard), sour cream, yogurt (plain, frozen or with fruit)	butter (unsalted), cheese (soft, not aged, unsalted), cottage cheese, cow's milk, ghee, goat's milk & cheese (soft, unsalted), ice cream, yogurt (fresh & diluted)*
<b>Legumes</b>	miso, soy sauce, soy sausages, tur dal, urad dal	adzuki/black/kidney/lima/mung/navy/pinto/soy/white beans, black-eyed peas, chickpeas or garbanzo beans, lentils (brown & red), mung dai, peas (dried), soy cheese, soy flour, soy milk, soy powder, split peas, tempeh, tofu (cold & hot)
<b>Animal Foods</b>	beef, chicken (dark), duck, eggs (yolk), fish (sea), lamb, pork, salmon, sardines, seafood, tuna fish, turkey (dark)	chicken (white), eggs (albumen or white only), fish (freshwater), rabbit, shrimp*, turkey (white), venison
<b>Oils</b>	almond, apricot, corn, safflower, sesame	<i><b>For internal &amp; external use: (most suitable at top of list)</b></i> sunflower, ghee, canola, olive, soy, flax, primrose, walnut <i><b>External use only:</b></i> avocado, coconut



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<b>Beverages</b>  <b>Juice of:</b> cherry (sour), grapefruit, orange, papaya, sour juices, tomato, V-8  <b>Herb Teas:</b> basil*, clove, eucalyptus, fenugreek, ginger (dry), ginseng, hawthorne, juniper berry, mormon tea, pennyroyal, red zinger, rosehip*, sage, saffrafras	alcohol (hard, or wine), apple cider, caffeinated beverages, carbonated drinks, chocolate milk, coffee, iced tea, icy cold drinks, lemonade  <b>Juice of:</b> cherry (sour), grapefruit, orange, papaya, sour juices, tomato, V-8  <b>Herb Teas:</b> basil*, clove, eucalyptus, fenugreek, ginger (dry), ginseng, hawthorne, juniper berry, mormon tea, pennyroyal, red zinger, rosehip*, sage, saffrafras	alcohol (beer*), almond milk, black tea*, carob, chai (hot, spiced milk)*, cold dairy drinks, grain* coffee*, miso broth*, peach nectar, rice milk, soy milk, vegetable bouillon  <b>Juice of:</b> aloe vera, apple, apricot, berry (sweet), cherry (sweet), grape, mango, mixed vegetable, pear, pomegranate  <b>Herb Teas:</b> alfalfa, barley, blackberry, borage, burdock, catnip, chamomile, chicory, dandelion, comfrey, fennel, ginger (fresh), hibiscus, hops, jasmine, lavender, lemon balm, lemon grass, licorice, marshmallow, nettle, oat straw, passion flower, peppermint, raspberry, red clover, sarsaparilla, spearmint, strawberry, winter green, yarrow
<b>Nuts / Seeds</b>	almonds (with skin), black walnuts, brazil nuts, cashews, filberts, hazelnuts, macadamia, peanuts, pecans, pine nuts, pistachios, walnuts, chia, sesame, tahini	almonds (soaked and peeled), coconut, flax, hava, popcorn (no salt, buttered), psyllium, pumpkin*, sunflower
<b>Sweeteners</b>	white sugar*, honey*, jaggary, molasses	barley malt, fructose, fruit juice concentrates, maple syrup, rice syrup, sucanat, turbinado
<b>Condiments</b>	chili pepper, chocolate, chutney-mango (spicy), horseradish, kelp, ketchup, mustard, lemon, mango pickle, mayonnaise, pickles, salt (in excess), scallions, seaweed, soy sauce, vinegar	black pepper*, chutney-mango (sweet), coriander leaves, dulce*, hijiki*, kombu*, lime*, sprouts, tamari*
<b>Food Supplements</b>	amino acids, bee pollen*, royal jelly*, minerals: (copper, iron), Vitamin A, B, B12, C	aloe vera juice, barley green, brewer's yeast, minerals: (calcium, magnesium, zinc), spirulina and blue green algae, Vitamin D, E
<b>Spices</b>	allspice, almond extract, anise, basil (dry), bay leaf, cayenne, cloves, fenugreek, garlic, ginger (dry), marjoram, mustard seeds, nutmeg, oregano, paprika, ginger, sage, salt, savory, star anise, thyme	basil (fresh), black pepper*, caraway, cardamom*, cinnamon, coriander, cumin, dill, fennel, ginger (fresh), mint, neem leaves*, orange peel*, parsley*, peppermint, saffron, spearmint, tarragon*, turmeric, vanilla*, wintergreen

\* minimum quantities