



Naturopathic Foundations

Vata Pacifying Diet

	Avoid	Increase
Vegetables	<i>Generally frozen raw or dried vegetables</i> artichoke, beet/dandelion greens*, bitter melon, broccoli, brussel sprouts, cabbage (raw), cauliflower (raw), celery, corn (fresh)*, eggplant, horseradish*, kale, kohlrabi, mushrooms, olives-green, onions (raw), peas (raw), peppers, potatoes, radish, tomatoes (cooked & raw)*, turnips, wheat grass, sprouts	<i>In general vegetables should be cooked</i> asparagus, beets, cabbage* (cooked), carrots, cauliflower*, cilantro, cucumber, fennel (anise), garlic, green beans, green chillies, jerusalem artichoke*, leafy greens*, leeks, lettuce*, mustard greens*, okra, olives (black), onions (cooked), parsley*, peas (cooked), potatoes-sweet, pumpkin, radishes (cooked)*, rutabaga, spinach, spouts*, squash, turnip greens*, watercress, zucchini
Fruits	apples (raw), cranberries, dates, dried fruit, figs, pears, persimmons, pomegranates, prunes, raisons, watermelon	apples (cooked), apricots, avocado, bananas, berries, cherries, coconut, dates (fresh), figs (fresh), grapefruit, grapes, kiwi, lemons, limes, mangoes, melons, nectarines, oranges, papaya, peaches, pineapple, plums, prunes (soaked), raisons (soaked), rhubarb, strawberries, sweet fruit, tamarind
Grains	barley, bread (with yeast), buckwheat, cereals (cold, dry or puffed), corn, couscous, crackers, granola, millet, muesli, oat bran, oats (dry), pasta*, rice cakes*, rye, spelt, tapioca, wheat bran	amaranth*, durham flour*, oats (cooked), pancakes, quinoa*, rice (all kinds), sprouted wheat bread (essene), wheat
Dairy	cow's milk (powdered), goat's milk (powdered), Yogurt (plain, frozen, or with fruit)	<i>Most dairy is good!</i> butter, buttermilk, cheese, cottage cheese, cow's milk, ghee, goat's cheese, goat's milk, ice cream, sour cream, yogurt (diluted & spiced)*
Legumes	adzuki/black/kidney/lima/navy/pinto/soy/w hite beans, black-eyed peas, chickpeas or _garbanzo beans, lentils (brown), miso, peas (dried), soy flour, soy powder, split peas, tempeh	lentils (red), mung beans, mung dai, soy cheese, soy milk, soy sauce, soy sausages, tofu (cold& hot), tur dal, urad dal,
Animal Foods	lamb, pork, rabbit, venison, turkey (white)	beef, chicken, duck, eggs, fish, sardines, seafood, shrimp, tuna fish, turkey (dark)
Oils	flax seed	<i>For internal & external use: (most suitable at top of list)</i> sesame, ghee, olive, most other oils (coconut and avocado best - externally only)



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Beverages black tea, caffeinated beverages, carbonated drinks, chocolate milk, coffee, cold dairy drinks, iced tea, ice cold drinks, soy milk (cold), Juice of: apple, cranberry, pear, pomegranate, prune*, tomato, V-8 Herb Teas: alfalfa*, barley*, basil*, blackberry, borage*, burdock, cinnamon*, cornsilk, dandelion, ginseng, hibiscus, hops*, jasmine*, lemon balm*, mormon tea, nettle*, passion flower*, red clover*, red zinger*, violet*, yarrow, yerba mate*		alcohol (beer, or wine)*, almond milk, apple cider, carob*, chai (hot spiced milk), grain *coffee*, lemonade, miso broth, peach nectar, rice milk, soy milk (hot & well-spiced)*, vegetable bouillon Juice of: aloe vera, apricot, berry (except cranberry), carrot, cherry, grape, grapefruit, mango, orange, papaya, pineapple, sour juices, Herb Teas: catnip*, chamomile, chicory*, chrysanthemum*, clove, comfrey, elder flower, eucalyptus, fennel, fenugreek, ginger (fresh), hawthorne, juniper berry, lavender, lemon grass, licorice, marshmallow, orange peel, peppermint, raspberry*, rosehips saffron, sage, sarsaparilla, sassafras, spearmint, strawberry*, wintergreen*
Nuts / Seeds No nuts popcorn, psyllium*		In moderation: almonds, black walnuts, brazil nuts, cashews, charole, coconut, filberts, hazelnuts, macadamia nuts, peanuts, pecans, pine nuts, pistachios, walnuts, chia, flax, halve, pumpkin, sesame, sunflower, tahini
Sweeteners maple syrup*, white sugar		barley malt, fructose, fruit juice concentrates, honey, jaggary, molasses, rice syrup, sucanat, turbinado
Condiments chocolate, horseradish		black pepper*, chutney-mango, chilli peppers*, coriander*, dulce, kelp, ketchup, lemon, lime, mango pickle, mayonnaise, mustard, pickles, salt, scallions, seaweed, soy sauce, sprouts*, tamari, vinegar
Food Supplements barley green, brewer's yeast		aloe vera juice*, bee pollen, amino acids, minerals: (calcium, copper, iron, zinc, magnesium), royal jelly, spirulina and blue green algae, Vitamin A, B, B12, C, D, E
Spices caraway		<i>All spices are good!</i>

* minimum quantities