

Vata Diet

Here is a diet chart for people with a Vata body type.

Item	Eat more of these foods	Eat less of these foods
	Warm, heavy, moist, sweet foods	Cold, light, dry, Pungent bitter foods
Vegetables	Avocado, beets, asparagus, carrots, eggplants, olives, Pumpkin, radish, sweet potatoes, spinach	Raw or frozen vegetables, peas, mushrooms, broccoli, cauliflower, cabbage, cucumber, corn, celery, lettuce, potatoes
Fruits	Apricots, bananas, cherries, fresh figs, peaches, citrus, fruits dates, mangoes, papayas, grapes, berries, pineapple, plums	Dried fruits, apples, pears, prunes, pomegranates, melons
Grains	Rice, oats, wheat pasta	Barley, buckwheat, rye, corn, millet, rice cakes, puffed or dry cereals
Beans	Mug beans, soy beans (in milk or cheese)	Kidney beans, split peas, white beans, black beans, lentils
Nuts & Seeds	All nuts in moderation sesame, pumpkin and sunflower seeds	Dry, roasted or smoked nuts
Dairy	All dairy in moderation	Powdered milk, ice creams
Herbs & Spices	Asafoetida, basil, clove, cardamom, cinnamon, black pepper, coriander, cumin, fennel, garlic, onion, ginger, nutmeg, turmeric	Coriander seeds, fenugreek
Oils	Most oils, especially sesame	Corn oil
Beverages	Warm drinks, herbal or spiced tea, warm milk, fruit and vegetable juice without ice	Carbonated drinks, cold or iced drinks, coffee, tea

Pitta Diet

Here is a diet chart for people with a pitta body type.

Item	Eat more of these foods	Eat less of these foods
	Cool, sweet and juicy foods	Acidic, sour, spicy, salty, oily foods
Vegetables	Asparagus, capsicum, broccoli, squash, salads, cabbage, cauliflower, celery, corn cucumber, lettuce, mushroom, peas, potatoes	Avocado, beet, carrot, chilly, eggplant, olive, onion, pickle, radish, spinach, tomato, turnip
Fruits	Apples, bananas dates, coconuts, grapes, lychee, mangoes, melons, pomegranates	Apricots, berries, cherries, citrus, fruit, cranberries, papayas, peaches, pineapples plums, rhubarb
Grains	Barley, oats, rice, wheat	Corn, millet, rye, buckwheat
Beans	All beans	Lentils
Nuts & Seeds	Coconuts, pumpkins and sunflower seeds	Most nuts, sesame seeds
Dairy	Unsalted butter, ghee, milk, soft cheeses buttermilk	Sour cream, yogurt, hard cheeses sour sweet lassi buttermilk, ice-cream
Herbs & Spices	Cardamom, coriander, cumin, fennel, mint, rose, turmeric	Asafoetida, basil, clove, cinnamon, fenugreek, garlic mustard seeds, ginger, onion, pepper, nutmeg,
Oils	Coconut, Sunflower, soy	Almond, corn, sesame, olive
Beverages	Cool drinks, milk, water, coconut milk, fruits and vegetables juices	Carbonated drinks, hot drinks, coffee, tea

Kapha Diet

Here is a diet chart for people with a Kapha body type.

Items	Eat more of these foods	Eat less of these foods
	Dry, light, spicy, heating foods	Heavy, cold, sweet, sour, watery foods
Vegetables	Asparagus, beets, broccoli, cabbage, carrots, celery, peas, eggplant. Lettuce, radish, capsicum, spinach	Avocado, cauliflower, corn, cucumbers mushrooms, potatoes, pumpkins
Fruits	Apple, apricot, pear, berry, cherry, peach, dried fruits, papaya, pomegranate	Bananas, citrus, date, coconut, fig, grapes, mango, melon, pineapple, plum, strawberry
Grains	Barley, corn, rye, millet, buckwheat	Oats, rice, wheat, pasta
Beans	Moong beans, lentils	Kidney beans, chick peas
Nuts & Seeds	Sunflower and pumpkin seeds	All nuts, sesame seeds
Dairy	Skim milk, buttermilk	Most dairy products goat milk
Herbs & Spices	All spices	Salt
Oils	Corn, sunflower, mustard	Most oils
Beverages	Warm drinks, herbal and spice teas, fruits and vegetable juices	Carbonated drinks, cold or iced drinks, coffee tea, alcohol