

FOODS TO HELP BALANCE THE ELEMENTS – AYURVEDA

	Foods to eat	Foods to reduce
Vata – AIR AND SPACE	<p><b>Sweet sour and salty tastes</b>            Sweet potatoes, squash, pumpkins, greens, carrots, beetroot, asparagus            Mung beans, urad dhal, yellow split pea, tofu, tempeh, rice, quinoa, spelt            Fennel, ginger, Yogurt, goats' cheese, butter, ghee            Cold pressed oils</p>	<p>Cold, raw, dry            Spinach, brassicas, lettuce, raw pepper, tomato, chilies            Peanuts, rice cakes, oat cakes, chickpea,            Hard cheese, white sugar</p>
Pitta – FIRE AND WATER	<p><b>Sweet, bitter and astringent tastes</b>            All well cooked beans, chick beans, lima, and lentils, millet, rye, vegetables, spinach, rocket, watercress, cabbage, turmeric, coriander, basil,            Soft cheese, paneer, unsalted butter, black grapes, mango, melon, pomegranate, pears</p>	<p>Hot spicy, fermented and over stimulating            Sour fruit such and cherries and plumbs, radishes, garlic, chilies, nightshades, buckwheat, sesame seeds, dry herbs, white sugar</p>
Kapha – EARTH AND WATER	<p><b>Spicy, bitter and astringent tastes</b>            Lots of leafy greens, dried fruit, cooked fruit, fennel, lettuce, chicory, artichokes            Warm spices - chilies, ginger, cinnamon, black pepper, millet, quinoa, basmati rice, goats' cheese</p>	<p>Heavy, cold, damp foods            Meat, cheese bread, sugar, dairy, yoghurt, Ice cream, soya, brown rice, salt</p>