

Food Guidelines for Basic Constitutional Types

NOTE: Guidelines provided in this table are general. Specific adjustments individual requirements may need to be made. eg. food allergies, strength of agni, season of the year and degree of dosha predominance or aggravation

(yes) Aggravates Dasha	VATA	VATA	PITTA	PITTA	KAPHA	KAPHA
(no) Balances Dasha	NO	YES	NO	YES	NO	YES
FRUITS	Dried Fruits	Sweet Fruits	Sour Fruits	Sweet Fruits	Sweet & Sour	Apples
	Apples	Apricots	Apricots	Apples	Fruits	Apricots
	Cranberries	Avocado	Berries	Avocado	Avocado	Berries
	Pears	Bananas	Bananas	Coconut	Bananas	Cherries
	Persimmon	Berries	Cherries	Figs	Coconut	Cranberries
	Pomegranate	Cherries	Cranberries	Grapes (dark)	Figs (fresh)	Figs (dry)
	Watermelon	Coconut	Grapefruit	Mango	Grapefruit	Mango
		Figs (fresh)	Grapes (green)	Melons	Grapes	Peaches
		Grapefruit	Lemons	Oranges (sweet)	Lemons	Pears
		Grapes	Oranges (sour)	Pears	Melons	Persimmon
		Lemons	Papaya	Pineapples (sweet)	Oranges	Pomegranate
		Mango	Peaches	Plums (sweet)	Papaya	Prunes
		Melons (sweet)	Pineapples (sour)	Pomegranate	Pineapples	Raisins
		Oranges	Persimmon	Prunes	Plums	
		Papaya	Plums (sour)	Raisins		
		Peaches				
		Pineapples				
	Plums					
VEGETABLES	Raw Vegetables	Cooked	Pungent	Sweet & Bitter	Sweet & juicy	Pungent & Bitter
	Broccoli	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
	Brussels Sprouts	Asparagus	Beets	Asparagus	Cucumber	Asparagus
	Cabbage	Beets	Carrots	Broccoli	Potatoes (sweet)	Beets
	Cauliflower	Carrots	Eggplant	Brussels Sprouts	Tomatoes	Broccoli
	Celery	Cucumber	Garlic	Cabbage	Zucchini	Brussels Sprouts
	Eggplant	Garlic	Onions	Cucumber		Cabbage
	Leafy Greens*	Green Beans	Peppers (hot)	Cauliflower		Carrots
	Lettuce*	Okra (cooked)	Radishes	Celery		Cauliflower
	Mushrooms	Onion (cooked)	Spinach	Green Beans		Celery
	Onions (raw),	Potato (sweet)	Tomatoes	Leafy Greens		Eggplant
	Parsley*	Radishes		Lettuce		Garlic
	Peas	Zucchini		Mushrooms		Leafy Greens
Peppers			Okra		Lettuce	
Potatoes (white)			Peas		Mushrooms	
Spinach*			Parsley		Okra	
Sprouts*			Peppers (green)		Onions	
Tomatoes			Potatoes		Parsley	

*These Vegetables are OK in moderation, with oil dressing.

				Sprouts		Peas Peppers
				Zucchini		Potatoes (white)
						Radishes
						Spinach
						Sprouts
GRAINS	Barley	Oats (cooked)	Buckwheat	Barley	Oats (cooked)	Barley
	Buckwheat	Rice	Corn	Oats (cooked)	Rice (brown)	Corn
	Corn	Wheat	Millet	Rice (basmati)	Rice (white)	Millet
	Millet		Oats(dry)	Rice (white)	Wheat	Oats (dry)
•	Oats (dry)		Rice (brown)	Wheat		Rice (basmati Small amount)
	Rye		Rye			Rye
ANIMAL	Lamb	Beef	Beef	Chicken or Turkey	Beef	Chicken or Turkey
FOODS	Pork	Chicken or Turkey	Eggs (yolk)	(white meat)	Lamb	(dark meat)
	Rabbit	(white meat)	Lamb	Eggs (white)	Pork	Eggs (not fried scrambled)
	Venison	Eggs (fried or scrambled)	Pork	Rabbit	Seafood	
		Seafood	Seafood Venison	Shrimp (small amount)		Rabbit Shrimp venison
LEGUMES	No Legumes except Mung Beans, Tofu, Black & Red Lentils		All Legumes OK except Lentils		All Legumes are Good except Kidney Beans, Soy Beans, Black Lentils & Mung Beans	
NUTS	All Nuts are OK in Small Quantities		No Nuts except Coconut		No Nuts at all	
SEEDS	All Seeds are OK (in moderation)		No Seeds except Sunflower & Pumpkin		No Seeds except Sunflower & Pumpkin	
SWEETNERS	All Sweeteners are OK except White Sugar		All Sweeteners are OK except Molasses & Honey		No Sweeteners except Raw Honey	
CONDIMENTS	All Spices are Good		No Spices except Coriander			

Coriander,
Cinnamon,
Cardamom,
Fennel, Turmeric
& a Small
Amount of Black
Pepper.

All Spices are
Good Except
Salt

DAIRY

All Dairy
Products are
OK (in
moderation)

NO:
Buttermilk,
Cheese, Sour
Cream, Yogurt

YES:
Butter (unsalted),
Cottage Cheese,
Ghee, Milk

No Dairy
except Ghee
& Goatmilk

OILS

All Oils are
Good

NO:
Almond, Corn,
Safflower,
Sesame,

YES:
Coconut, Olive,
Sunflower, Soy

No Oils
except
Almond, Corn
or Sunflower
in Small
Amounts