



Pitta Pacifying Diet

A *pitta* pacifying diet favors juicy, cooling foods with high water content while avoiding hot spices alcohol, vinegar, fried foods, tomatoes, yogurt and cheese. Foods should be fresh and organic, if possible. Avoid leftovers, packaged, canned or bottled foods, processed foods, preservatives, artificial ingredients and salty foods.

Favor the Following Foods

• **IN GENERAL:** Cool to lukewarm drinks according to preference. Favor sweet, bitter, and astringent tastes.

• **LEGUMES:** **Mung beans**, small kidney beans, non-fermented soy bean products; tofu is okay, as are other beans, in moderation, however avoid tempeh.

• **GRAINS:** White rice (basmati, jasmine, etc.) barley, oats, quinoa, kamut, amaranth, millet, whole wheat, whole grain bread (toasted).

• **NUTS & SEEDS:** Pumpkin seeds and blanched (i.e. peeled) almonds in small amounts, sunflower seeds.

• **VEGETABLES:** **Yellow squash, zucchini, cucumber, kale, bok choy, winter squashes**, asparagus, artichokes, okra, cauliflower, broccoli, cabbage, green beans, potatoes, sweet potatoes, peas, **cilantro**, sprouts, lettuce, **chard**, brussel sprouts, parsley, sweet corn, alfalfa sprouts, mushrooms, **all green leafy vegetables (except spinach)**.

• **FRUITS:** Sweet grapes, sweet mango, coconut, **melons**, sweet plums, persimmon, pomegranate, sweet apples, sweet pears, raisins, dates and figs, avocado.

• **DAIRY:** **Organic milk** (boiled and served cool or warm), **ghee**, cream, butter, paneer (homemade cheese), soy milk, rice milk, fresh buttermilk (not sour) and cottage cheese.

• **SWEETENERS:** Whole, raw sugar cane (in small amounts), date sugar, maple sugar, *jaggery*.

• **OILS:** **Ghee** is best; olive or coconut oils. For massage, use *pitta* or coconut oil.

• **SPICES:** **Coriander, cilantro**, cumin, turmeric, saffron, **fennel**, cardamom, **parsley**, fresh basil, mint.

• **NON-VEGETARIAN:** Chicken, turkey, egg whites, fresh water (river) fish.

Reduce the Following Foods

• **IN GENERAL:** **Pungent** (i.e. hot and spicy) foods such as chilies, cayenne, jalapeno peppers, sour and salty tastes such as **vinegar, alcohol** and acidic foods.

• **LEGUMES:** Fermented soy bean products, tempeh

• **GRAINS:** Corn, rye, buckwheat, brown rice.

• **NUTS & SEEDS:** **Peanuts and cashews**.

• **VEGETABLES:** **Tomatoes** and **tomato sauce**, radish, beets, **spinach, raw onions**.

• **FRUITS:** **Avoid sour fruits such as grapefruit, olives, orange, peach, sour grapes, pineapple, berries, prunes, banana, lemon, lime, cherries**.

• **DAIRY:** **Yogurt, salted cheese** (especially aged and such as feta or blue cheese), sour cream, cream cheese, ice cream.

• **SWEETENERS:** Molasses, brown sugar, **honey** (only add after heating is complete).

• **OILS:** Almond, corn, safflower, **sesame**, canola.

• **SPICES:** **Chili peppers, cayenne**, onion, **garlic, mustard seeds**, cloves, celery seeds, fenugreek, **ketchup, mustard**, asafoetida (a.k.a. hing), ginger, black pepper, soy sauce, tamarind.

• **NON-VEGETARIAN:** Seafood, fish, **beef**, pork, lamb, egg yolk.