

## The Six Ayurvedic Tastes

Instead of looking at the individual components of foods—ie: carbohydrates, protein, fats, and calories—Ayurveda identifies six “tastes” of foods. Each taste has specific effects on the three doshas (Vata, Pitta, and Kapha). By including all six tastes in each meal we satisfy our nutritional and dietary needs without the need to count calories or consult a manual.

Pittas should focus on eating more of the Sweet, Astringent, and Bitter tastes, ie: leafy greens, lentils, dried beans, pomegranates, potatoes, fish and shellfish, dairy, nuts and seeds, root vegetables, coconut, lime, cilantro, peppermint, dill, fennel, and aloe vera are good choices for you.

### The Sweet Taste ∴ earth + water

...is heavy, moist, and cool. This increases Kapha and decreases Vata and Pitta. Examples are nuts, grains, oils, meats, and most dairy.

### The Sour Taste ∴ fire + earth

...is heavy, moist, and hot. This increases Pitta and Kapha and decreases Vata. Examples are pickles and fermented foods such as yogurt.

### The Salty Taste ∴ fire + water

...is heavy, moist, and hot. This increases Pitta and Kapha and decreases Vata. Examples are sea salt, sea vegetables, and seafood.

### The Pungent Taste ∴ fire + air

...is light, dry, and hot. This increases Pitta and Vata and decreases Kapha. Examples are chili peppers, ginger, and black pepper.

### The Astringent Taste ∴ earth + air

...is dry and cool. This increases Vata and decreases Pitta and Kapha. Examples are most beans, cranberries, and pomegranates.

### The Bitter Taste ∴ air + ether

...is light, dry, and cool. This increases Vata and decreases Pitta and Kapha. Examples are leafy greens and herbs such as goldenseal and turmeric.

## Pitta Food Guidelines

### Qualities to Reduce:

*hot, light, dry*

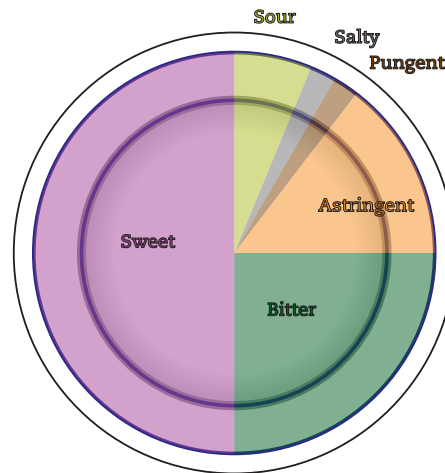
### Tastes to Maximize:

*sweet, bitter, astringent*

### Tastes to Minimize:

*salty, pungent, sour*

## The Pitta Dinner Plate



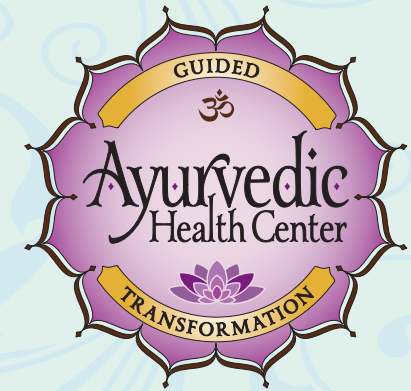
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## Pitta Food List





# Pitta Food List

## Grains

It is best to eat these as a cooked grain or as an unyeasted bread. Small amounts of yeast breads are all right. Grains should make up a large portion of the diet.

<b>Best:</b> * barley, white basmati rice, millet, oats, white rice, wheat, whole wheat, quinoa
<b>Small Amounts:</b> * brown rice (only in acute pitta conditions, otherwise it can be used often)
<b>Minimize:</b> * buckwheat, corn flour

## Dairy

It is best to use raw or organic and non-homogenized milk. Milk should be taken warm with a small amount of spice such as fresh ginger, cardamom, or fennel.

<b>Best:</b> * unsalted butter, cottage cheese, cream cheese, ghee, milk
<b>Small Amounts:</b> * hard non-salted cheeses
<b>Minimize:</b> * buttermilk, salted cheeses, sour cream, kefir, cultured milks, yogurt

## Nuts and Seeds

These should be eaten lightly dry-roasted to assist digestion and be only very lightly salted, if at all. Nut butters, except for peanut, may also be eaten.

<b>Best:</b> * coconut, sunflower, pumpkin seeds
<b>Small Amounts:</b> * pinon nuts, sesame seeds
<b>Minimize:</b> * almonds, Brazil nuts, cashews, filberts, macadamia nuts, pecans, pistachio, peanuts, and any other nut not mentioned

## Fruits

Sweet and ripe fruits are best. Avoid sour fruit.

<b>Best:</b> * apples, blackberries, blueberries, cantaloupe, coconut, cranberries, dates, dried fruit, figs, grapes, lemons, limes, nectarines, pineapple, prunes, raisins, raspberries, strawberries
<b>Small Amounts:</b> * apricots, avocados, bananas (very ripe only), cherries, grapefruit, oranges, pineapple
<b>Minimize:</b> * All sour fruits, such as sour oranges (mandarin), sour pineapple, sour plums, papaya, olives, tangerines, and all unripe fruit

## Condiments

Condiments can be used to add one of the tastes to a meal or to balance out any heating or cooling qualities of a dish.

<b>Best:</b> * carob sweetened with the "Best" sweeteners noted
<b>Small Amounts:</b> * mayonnaise, sweet mustards
<b>Minimize:</b> * chocolate, salt, vinegar

## Oils

Healthy oils are very important and should be used abundantly if the skin is dry. They alleviate dryness and are generally heavy and nourishing.

<b>Best:</b> * Ghee, olive oil, coconut
<b>Small Amounts:</b> * avocado, corn, non-GMO soy, sunflower
<b>Minimize:</b> * almond, flaxseed, mustard, peanut, safflower, sesame

## Vegetables

Vegetables are best eaten fresh. You may eat large amounts. Eat them cooked in the winter or if digestion is weak. Eat them raw in the summer if your digestion is strong. Fresh green vegetable juices are very good. Those with arthritis should avoid all nightshades.

<b>Best:</b> * alfalfa sprouts, artichoke, asparagus, bean sprouts, bell peppers, bitter melon, broccoli, Brussels sprouts, cabbage, cauliflower, celery, cilantro, cress, cucumber, green peppers, kale, leafy greens, lettuce, mushrooms, onions (well cooked), peas, pumpkin, seaweed, squash, zucchini
<b>Small Amounts:</b> * avocado, beets, carrots, corn, eggplant, garlic (well cooked), parsley, potatoes, spinach, sweet potatoes, vine-ripened tomatoes
<b>Minimize:</b> * chilies, hot peppers, mustard greens, onion (raw), radishes, tomato paste, tomato

## Meats

If you choose to eat meat, limit consumption to 2-3 times per week, and eat it at lunch.

<b>Best:</b> * chicken, egg whites, fresh water fish (trout), turkey
<b>Small Amounts:</b> * beef, duck, egg yolk, lamb, pork, sea fish, venison, any other red meat
<b>Minimize:</b> * none

## Avoid

**Always avoid these foods:** margarine, canola, GMO anything (ie: soy, corn, etc.), agave nectar, high fructose sweeteners, grapeseed oil, soda, CAFO meats

## Spices

When spicing, the overall spiciness is more important than individual spices. Even some "Minimize" spices can be used if balanced with other spices on the "Best" list. For pitta, food should be spiced mild to moderate and never very hot or bland.

<b>Best:</b> * cardamom, chamomile, cilantro, coconut, coriander, cumin, dill, fennel, lemon verbena, peppermint, saffron, spearmint, turmeric
<b>Small Amounts:</b> * basil, bay leaf, black pepper, caraway, cinnamon, fenugreek, garlic (cooked), ginger (fresh), rosemary
<b>Minimize:</b> * anise, asafoetida, calamus, Cayenne pepper, cloves, garlic (raw), ginger (dry), horseradish, hyssop, marjoram, mustard seeds, nutmeg, oregano, poppy seeds, sage, star anise, thyme

## Legumes

Use legumes that have been soaked for as long as possible prior to cooking. Cook legumes with hing to aid digestion.

<b>Best:</b> * black lentils, chickpeas, mung beans, split peas, soybeans (soy products), tofu
<b>Small Amounts:</b> * aduki beans, kidney beans, navy beans, pinto beans
<b>Minimize:</b> * red and yellow lentils

## Beverages

These are best taken at room temperature or warm and never cold.

<b>Best:</b> * Bitter and astringent herb teas such as alfalfa, chicory, dandelion, hibiscus, and strawberry leaf. Milk, wheat grass juice. Pitta tea.
<b>Small Amounts:</b> * Chai tea or black tea, fruit juice diluted with one-half water
<b>Minimize:</b> * alcohol, carbonated water, coffee, sweet fruit juices, spicy herb teas, soft drinks, tomato juice

## Sweeteners

Overuse of any sweetener will eventually cause an imbalance.

<b>Best:</b> * maltose, maple syrup, rice syrup
<b>Small Amounts:</b> * dextrose, fructose, raw honey, table sugar
<b>Minimize:</b> * molasses, raw sugar

\*"Best" Foods can be eaten without reservation on a daily basis. These foods are the most ideal ones as they are the most balanced for this dosha. Individuals who are sick should consume only the foods on this list.

\*"Small Amounts" Foods can be eaten in small portions fairly often or in larger portions once or twice each week. Eating a wide variety of these foods is better than an abundance of just one. Over-reliance on these foods can cause imbalance.

\*"Minimize" Foods should be eaten only on rare occasions, ie: once each month. They can significantly disturb the dosha.