

## The Kapha Diet

### *How to use this list*

One of the most unique facets of Ayurvedic dietetics is that different foods from each food group are recommended for different Ayurvedic Constitutional Types. In using the list below, eat mainly from the "Often" and "In Moderation" lists and only infrequently or on special occasions from the "Seldom" list.

"Often" in this context means consuming these foods **every day** would be fine.

"In Moderation" means that you should consume approximately **one-third to one-half** the amount of these foods as you do the "Often" foods. These foods are an important part of your diet *in the proper amounts*.

"Seldom" means about **once a month**.

### Fruits

<b>Often</b>	<b>In Moderation</b>	<b>Seldom</b>	
Apples	Oranges	Strawberries	Bananas
Pears	Grapefruits	Raspberries	Dates
Pomegranate	Pineapple	Papaya	Mango
Cranberries	Grapes	Lemon	Coconut
Persimmons	Cantaloupe	Lime	Avocado
	Figs (raw)	Cherries	Raisins
	Passionfruit	Plums	Prunes
	Peaches	Loquats	Honeydew
	Lychees	Nectarine	
	Guava	Blueberries	
	Apricots		

### Vegetables

<b>Often</b>	<b>In Moderation</b>	<b>Seldom</b>	
Green Peppers	Lettuce (all)	Beets	Tomatoes
Red Peppers	Watercress	Potatoes	Squash (all)
Asparagus	Celery	Pumpkin	Corn
Cauliflower	Collards	Mushrooms	Okra
Artichoke (Globe)	Dandelion		Sweet potatoes
Garlic	Fennel		Yams
Artichoke (Jerusalem)	Horseradish		Cucumbers
Bamboo Shoots	Kale		Pickles
Green Beans	Leeks		
Peas	Mustard Greens		
Lima Beans	Onions		
Mung Beans	Parsley		
Bean Sprouts (all)	Parsnips		
Cabbage	Chili peppers		
Brussel Sprouts	Radishes		
Carrots	Shallots		
Spinach	Swiss Chard		
Turnips			

## Grains

<b>Often</b>	<b>In Moderation</b>	<b>Seldom</b>
Barley	Basmati rice	Wheat
Millet	Brown rice	Semolina
Rye	Oats	Wild rice
Buckwheat		White rice
Amaranth		Corn
Arrowroot		Sorghum
Quinoa		

## Legumes

All legumes and beans without exception are good for Kapha types. Consider them all to be “**Often**” foods.

Adzuki beans	Soybeans
Common Beans	Mung beans
Tofu	Peas
Miso	Split peas
Tempeh	Lentils
Lima beans	
Broad beans	
Kidney beans	
Chickpeas (Garbanzo beans)	
Jackbeans	

## Nuts and Seeds

Although nuts and seeds are an excellent protein source and need not be strictly avoided, they are dense, heavy, and oily and are best used in moderation.

<b>Often</b>	<b>In Moderation</b>	<b>Seldom</b>
None	Alfalfa seeds	Brazil nuts
	Pumpkin seeds	Cashew nuts
	Sesame seeds	Coconut
	Almonds	Filberts (Hazelnuts)
	Chestnuts	Macademia
	Flaxseeds	Peanuts
	Pinenuts	Pecans
		Pistachio nuts
		Sunflower seeds
		Walnuts

## Animal Foods

<b>Often</b>	<b>In Moderation</b>	<b>Seldom</b>
Chicken (dark)	Duck	Beef
Turkey (dark)	Pork	Saltwater fish
Eggs (not fried or scrambled w/ fat)	Freshwater fish	Shellfish
Rabbit		Venison
		Lamb

## Fats and Oils

All fats and oils are best used in strict moderation and in small amounts.

<b>Often</b>	<b>In Moderation</b>	<b>Seldom</b>	
None	<i>Unrefined</i> Flaxseed oil <i>Unrefined</i> Olive oil (extra virgin only) <i>Unrefined</i> Sesame oil Ghee	Corn oil Soy oil Sunflower oil Safflower oil Canola oil Almond oil Peanut oil Cottonseed oil Palm kernel oil Coconut oil	Butter Tahini Olives Mayonnaise

## Spices

Almost all spices can be enjoyed on a daily basis.

<b>Often</b>	<b>In Moderation</b>	<b>Seldom</b>
Fresh Basil Leaves Cumin Marjoram Black Pepper Amchoor Mustard Seeds Cardarnon Parsley Thyme Anise Tamarind Basil Onion (esp. raw) Oregano Tarragon Cayenne Fennel Paprika Coriander Cloves	Ajwan Turmeric Bay Leaf Rosemary Dill Star Anise Fenugreek Asafoetida Pippali Allspice Peppermint Horseradish Cinnamon Caraway Saffron Sage Garlic (esp. raw) Savory Mint Spearmint Ginger	Neem Leaves Wintergreen Orange Peel Almond Extract Nutmeg Vanilla Rose Water Poppy Seeds

## Sweeteners

All sweeteners should be used in very, very small amounts.

<b>Often</b>	<b>In Moderation</b>	<b>Seldom</b>
Raw honey Fruit juice concentrates (e.g. apple, pear) Stevia	Barley malt Brown rice syrup Maple syrup Jaggery (small amts.)	White sugar Sugar cane juice Fructose Molasses Sucanat

## Dairy

### **Often**

None

### **In Moderation**

Unsalted Butter  
Cottage Cheese  
Hard Cheeses  
Ghee  
Cow's Milk  
Goat's Milk  
Dilute Yogurt (1:1 water)

### **Seldom**

Salted Butter  
Buttermilk (commercial)  
Feta Cheese  
Sour Cream  
Yogurt  
Soft Cheeses  
Ice Cream

## **Beverages**

Dilute all fruit juices with water, 1:1, and always drink in moderation.

### **Often**

Aloe vera juice  
Apple juice  
Berry juices  
Carob drinks  
Cranberry juice  
Spiced warm goat milk  
Spiced warm soy milk  
Mixed vegetable juices  
Pear juice  
Pomegranate juice

TEAS:

Ajwan	Lemon grass
Alfalfa	Mormon tea
Barley	Nettles
Basil	Orange peel
Bansha	Osha root
Blackberry	Passionflower
Borage	Pennyroyal
Burdock	Peppermint
Catnip	Raspberry
Chamomile	Red clover
Chicory	Rose petal
Chrysanthemum	Saffron
Cinnamon	Sage
Clove	Sarsaparilla
Corn silk	Sassafras
Dandelion	Spearmint
Elder flowers	Strawberry leaf
Eucalyptis	Violet
Fennel	Wintergreen
Fenugreek	Yarrow
Ginger	Yerba mate
Ginseng	
Hawthorne	
Hibiscus	
Hops	
Hyssop	
Jasmine	
Juniper berry	
Lavender	
Lemon balm	

### **In Moderation**

Lemonade  
Orange juice  
Tomato juice  
V-8 juice (high salt content)  
Miso broth  
Red zinger  
Rosehip

### **Seldom**

Almond drinks  
Fruit-based "smoothies"  
Hot chocolate  
Chocolate milk  
TEAS:  
Licorice root  
Marshmallow  
Comfrey  
Oat straw  
Blue-green algae  
Spirulina