

THE PITTA 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

<u>Often</u>	<u>In Moderation</u>	<u>Seldom</u>
Apple (sweet)	Apples (sour)	Apricots (sour)
Apricots (sweet)	Bananas	Berries (sour)
Avocado	Cherries	Grapefruit
Berries (sweet)	Cranberries	Lemons
Coconut	Grapes (green)	Oranges (sour)
Dates	Kiwi	Pineapples (sour)
Figs	Limes	Persimmon
Grapes (sweet)	Papaya	Plums (sour)
Mango	Peaches	Rhubarb
Melons		Soursop
Oranges (sweet)		Strawberries
Pears		
Pineapples		
Plums(sweet)		
Pomegranates		
Prunes		
Quince(sweet)		
Raisins		
Raisins		
Watermelon		

VEGETABLES

<u>Often</u>	<u>In Moderation</u>	<u>Seldom</u>
Acorn Squash	Mushrooms	Beets
Artichoke	Okra	Beet Greens
Asparagus	Olives(black)	Fenugreek Greens
Bell Pepper	Parsley	Garlic
Broccoli	Parsnip	Horseradish
Brussel Sprouts	Peas	Green Olives
Burdock Root	Peppers(green)	Kohlrabi (cooked)
Butternut Squash	Potatoes (sweet or white)	Mustard Greens
Cabbage	Rutabaga	Onions (cooked & raw)
Fresh Corn	Scallopini Squash	Peppers (hot)
Cauliflower	Spaghetti Squash	Pumpkin (cooked)
Cucumber	Sprouts	Radish
Celery	Summer Squash	Tomatoes
Green Beans	Watercress	Turnips
Jerusalem Artichoke	Winter Squash	Turnip Greens
Jicama	Yellow Crookneck Squash	
Leafy Greens	Zucchini	
(esp.Collards & Dandelion)		

PITTA DIET (continued)

GRAINS

<u>Often</u>	<u>In Moderation</u>	<u>Seldom</u>
Barley	Amaranth	Buckwheat
Oats (cooked)	Corn	Millet
Rice (basmati)	Oats(dry)	Oat Granola
Rice Cakes	Oat Bran	Quinoa
Rice (white)	Rice(brown)	Rye Wheat
Wheat Bran		
Wheat Granota		

ANIMAL FOODS

<u>Often</u>	<u>In Moderation</u>	<u>Seldom</u>
Chicken or Turkey (white meat)	Egg Yolk	Beef Pork
Egg White	Rabbit	Duck Shellfish
Freshwater Fish	Shrimp	Lamb Venison

LEGUMES (all are recommended "Often")

Aduki Beans	Kidney Beans	Soy Beans
Black Beans	Lentils	Soy Products
Chana Dal	Lima Beans	Soy Powder
Black Eyed Beans	Mung Beans	Split Peas
Black Lentils	Navy Beans	Tempeh
Garbanzos	Pinto Beans	Tofu
Kala Chana	Red Lentils	Urad Dal
		White Beans

NUTS

<u>Often</u>	<u>In Moderation</u>	<u>Seldom</u>
Coconut	Almonds	Black Walnuts
	Macadamia Nuts	Brazil Nuts
	Pecan	Cashews
	Pine Nuts	English Walnuts
		Filberts (Hazelnuts) Peanuts
		Pistachios

SEEDS

<u>Often</u>	<u>In Moderation</u>	<u>Seldom</u>
Psyllium	Flax	None
Pumpkin		
Sunflower		
Sesame		

SWEETENERS

<u>Often</u>	<u>In Moderation</u>	<u>Seldom</u>
Barley Malt	Fruit Juice Concentrate	Jaggery
Brown Rice Syrup	Honey	Molasses
Maple Syrup	Sugar Cane Juice	White Sugar
Syrup Fructose		
Sucanat		

PITTA DIET (continued)

CONDIMENTS

<u>Often</u>	<u>In Moderation</u>	<u>Seldom</u>
Black Pepper	Daikon(Radish)	Black Sesame Seeds
Coconut	Grated Cheese	Chili Peppers
Coriander Leaves	Lime	
Cottage Cheese	Yogurt (undiluted)	
Dulse (well-rinsed)		
Ghee		
Hijiki(well-rinsed)		
Kombu		
Lettuce		
Mango Chutney		
Mint Leaves		
Sprouts		

SPICES

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

DAIRY

<u>Often</u>	<u>In Moderation</u>	<u>Seldom</u>
Unsalted Butter	Ice Cream	Salted Butter
Cottage Cheese	Hard Cheeses	Buttermilk (commercial)
Mild Soft Cheeses	Yogurt	Feta Cheese
Dilute Yogurt (1-3pints water)		Sour Cream
Ghee		
Cow's Milk		
Goat's Milk		

OILS

<u>Often</u>	<u>In Moderation</u>	<u>Seldom</u>
Coconut	Almond	Corn
Olive	Apricot	Sesame
Soy	Avocado	
Sunflower	Safflower	
Walnut		

BEVERAGES

Often

Almond Milk	Peach Nectar
Aloe Vera Juice	Pear Nectar
Apple Juice	Pomegranate Juice
Apricot Juice	Prune Juice
Berry Juice (sweet)	Soy Milk
Mixed Veg (fresh)	Vegetable Bouillon
Carob	Herb Teas (Alfalfa, Bansha, Blackberry, Borage, Catnip, Chamomile, Chicory, Chrysanthemum, Cornsilk, Dandelion, Elder Flower, Fennel, Hibiscus, Hops, Jasmine, Lavender, Lemon Balm, Lemon Grass, Licorice, Lotus, MarshrnaRowNettle, Oat StrawOrange Peel, Passion Flower, Pepperrint, RaspberryRed CloverRoseFlowers, Saffion, Sarsparilla,, Spearmint, Strawberry Violet, Wintergreen)
Coconut Milk	
Cherry Juice (sweet)	
Coconut Smoothies	
Cool Dairy Drinks	
Date Shake	
Fig Shake	
Goat Milk	
Grain Teas (Barley, Cafix, Pero, Roma)	
Grape Juice	
Mango Juice	

In Moderation

Banana Shake or Smoothie
Caffeine
Carrot Juice
Carrot-Vegetable Combination
Coffee
Chocolate
Ginger(fresh)
Hawthorne
Herb Teas (BurdockComfrey)
Orange Juice
Rosehips
Wild Ginger

Seldom

Alcohol
Berry Juice(sour)
Carbonated Drinks
Carrot-Ginger Juice
Cranberry Juice
Grapefruit
Highly Salted Drinks
Ice Cold Drinks
Lemonade
Miso Broth (in excess)
Papaya Juice
Pungent Teas
Sour Juices and Teas
Tomato Juice
V-8 Juice
HerbTeas (Ajwan, Basit, Cinnamon, Cloves, Eucalyptus, Fenugeek, Ginseng, Hyssop, Juniper Berries, Mormon Tea, Osha, Penny Royal, Red Zinger, Sage, Sassfras, Yerba)