

## THE VATA DIET

### *How to use this list*

One of the most unique facets of Ayurvedic dietetics is that different foods from each food groups 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

#### Often

Apricot  
Avocado  
Bananas  
Berries (all)  
Cherries  
Coconut  
Dates  
Figs(fresh)  
Grapefruit  
Grapes  
Kiwi  
Lemons  
Limes

Mango  
Melons (sweet)  
Oranges  
Papaya  
Peaches  
Pineapples  
Plums  
Raisins(soaked)  
Rhubarb  
Watermelon

#### In Moderation

Apples  
Soursop  
Strawberries

#### Seldom

Dried Fruits  
Cranberries  
Pears  
Persimmon  
Pomegranate  
Prunes  
Quince

### VEGETABLES

#### Often

(cooked vegetables)  
Acorn Squash  
Artichokes  
Asparagus  
Beets  
Butternut Squash  
Carrots  
Cucumber  
Daikon Radish  
Fenugreek Greens  
Green Beans(well cooked)  
Olives(black & green)  
Onion(cooked)  
Parsnip  
Potato(sweet)  
Pumpkin  
Spaghetti Squash  
Sprouts  
Turnips  
Turnip Greens

Radish  
Rutabaga  
Scallopini Squash  
Summer Squash  
Watercress  
Winter Squash  
Yellow Squash  
Zucchini

#### In Moderation

Broccoli  
Cauliflower  
Fresh Corn  
Peas  
Potatoes(white)  
Spinach  
Tomatoes

#### Seldom

(frozen,dried,raw vegetables)  
Beet Greens  
Brussel Sprouts  
Burdock Root  
Cabbage  
Celery  
Eggplant  
Jerusalem Artichoke  
Jicama  
Kohlrabi  
Leafy Greens  
Lettuce  
Mushrooms  
Onions (raw)  
Parsley  
Peppers

THE VATA DIET (continued)

**SWEETENERS**

**Often**

None

**In Moderation**

Barley Malt Syrup  
Brown Rice Syrup  
Fructose  
Most Fruit Juice Concentrates  
Honey  
Jaggery  
Maple Syrup  
Sucanat  
Sugar Cane Juice  
Stevia

**Seldom**

White Sugar

**CONDIMENTS**

**Often**

**In Moderation**

**Seldom**

Black Pepper	Onion(cooked)	Cardamom	None
Coconut	Orange Peel	Cayenne	
Coriander Leaves	Oregano	Cloves	
Cottage Cheese	Paprika	Parsley	
Grated Cheese	Peppermint	Poppy Seeds	
Daikon Radish	Pippali	Thyme	
Dulse	Rosemary	Neem Leaves	
Garlic	Rosewater		
Ghee	Saffron		
Ginger(fresh)	Sage		
Gomasio	Savory		
Hijiki	Spearmint		
Horseradish	Star Anise		
Kelp	Tamarind		
Kombu	Tarragon		
Lemon	Turmeric		
Lime	Vanilla		
Lime Pickle	Wintergreen		
Mango Chutney			
Mango Pickle			
Mint Leaves			

**DAIRY**

All dairy is acceptable in moderation.

**Often**

**In Moderation**

**Seldom**

Buttermilk	Goat's Milk (liquid)	Goat's Milk (powdered)
Cow's Milk	Ice Cream	Condensed Milk
Hard Cheese	Sour Cream	
Soft Cheese		
Goat Cheese		
Yogurt		

## GRAINS

### Often

Amaranth  
Oats (cooked)  
Rice (all)  
Wheat

### In Moderation

Barley  
Corn  
Wheat Bran

### Seldom

(cold, dry, puffed cereals)  
Buckwheat  
Millet  
Oats (dry)  
Granola  
Oat Bran  
Quinoa  
Rice Cakes  
Rye

## ANIMAL FOODS

### Often

Beef  
Blue Green Algae  
Chicken  
Mahi  
Red Snapper  
Swordfish  
Turkey (white meat)  
Tuna

### In Moderation

Freshwater Fish  
Shellfish  
Shrimp

### Seldom

Lamb  
Pork  
Rabbit  
Venison

## LEGUMES

### Often

Adzuki Beans  
Black Lentils  
Mung Beans  
Red Lentils  
Soy Milk (liquid)  
Tepery Beans  
Tofu  
Tur Dal

### In Moderation

Black Beans  
Common Lentils  
Lima Beans  
Soy Beans

### Seldom

Black Eyed Beans  
Chana Dal  
Garbanzos  
Kala Chana  
Kidney Beans  
Navy Beans  
Pinto Beans  
Soy Flour  
Soy Powder  
Split Peas  
Tempeh  
White Beans

## NUTS

### Often

Almonds  
Black Walnuts  
Brazil Nuts  
Cashews  
Coconut

English Walnuts  
Filberts (Hazelnuts)  
Macadamia Nuts  
Pecans

### In Moderation

Peanuts  
Pine Nuts  
Pistaschios

### Seldom

None

## SEEDS

### Often

Chia  
Flax  
Sesame  
Pumpkin  
Sunflower

### In Moderation

Psyllium

### Seldom

None

## OILS

All oils are fine, especially sesame, olive and flaxseed.

## BEVERAGES

### Often

Almond  
Apricot Juice  
Banana Shake or Smoothie  
Carrot Juice  
Carrot-Veg Combinations  
Carrot-Ginger Juice  
Cherry Juice  
Coconut Milk  
Dairy Drinks (hot)  
Date Shake  
Grain Teas (Cafix,Roma,Pero)

Grape Juice  
Grapefruit Juice  
Lemonade  
Mango Juice  
Milk (hot,spiced)  
Miso Broth  
Mixed Vegetable Juice  
Orange Juice  
Papaya Juice  
Peach Nectar  
Pineapple Juice

Salted Drinks  
Sour Juices & Teas  
Soy Milk well spiced & hot  
Herb Teas (Ajwan,Bansha w/ milk & sweetener,Basil,Catnip,Cinnamon,Elder Flowers,Eucalyptus,Fennel,Fenugreek,Ginger(fresh)Ginseng,Hawthorne,Hyssop,Juniper Berries,Lavender,Lemon Balm,Lemon Grass,Licorice,Lotus Marshmallow,Oat Straw,Orange Peel,Osha,Peppermint,Red Zinger Roseflowers,Rosehip,Saffron,Sarsaparilla,Sassafras,Spearmint Wild Ginger)

### In Moderation

Alcohol  
Aloe Vera Juice  
Berry Juice  
Chocolate  
Herb Teas (Chamomile, Cloves, Comfrey, Jasmine, Raspberry, Sage, Yarrow)

### Seldom

Apple Juice  
Caffeine  
Carob  
Carbonated Drinks  
Coffee  
Cranberry Juice  
Dairy Drinks (cold)  
Ice Cold Drinks

Pear Juice  
Pomegranate Juice  
Prune Juice  
V-8 Juice  
Herb Teas (Alfalfa,Barley,Blackberry,Borage,Burdock,Chrysanthemum,Corn Silk,Dandelion,Hibiscus,Hops,Mormon Tea,Nettle,Passion Flower,Red Clover,Strawberry,Violet,Wintergreen Yerba Mate)