



## ANTI-VATA DIETETICS (Correct Food for Vata Dosha):

### *“Food is Medicine and Medicine is Food”*

The primary consideration in Ayurveda when selecting food and herbs is in recognising taste. There are six tastes; three of which reduce a Dosha, and three of which increase that same Dosha. Tastes that increase Vata are astringent, bitter, and pungent. Tastes that reduce Vata are sweet, sour, and salty. Eat herbs and food that contain more of these three tastes. Food items on the list below have been pre-selected with this primary consideration in mind. Please make sure you select food items from the list. What is not on the list you should avoid eating.

Ideal cooking styles for Vata people include Western, Indian (mild), Chinese (Mild), Italian pastas etc. Warm soups and stews are particularly supportive. Limit or avoid eating raw foods particularly vegetables of the cabbage family.

Vata people should take food that is warm, moderately heavy, moist, soothing, and nourishing. Meals should not be consumed when anxious, stressed, or depressed. Remember the golden rules in regard to food; **eat only when hungry; eat small meals; eat your last meal at least four hours before bedtime; and eat food chosen from the food list.** Food should be tasty and enjoyable, eaten without rushing, and in pleasant and comfortable surroundings. If you are hungry before bed then take suitable fruits only.

<b>FRUITS</b> <i>Generally most sweet fruits</i>	<b>VEGETABLES</b> <i>In general vegetables should be cooked</i>	<b>GRAINS and LEGUMES</b> <i>Legumes in moderation</i>
Apples Applesauce Apricots Avocados Bananas Berries Cherries Coconut Dates (fresh) Durian* (seasonal) Figs (fresh) Grapefruit Grapes Guava* Kiwifruit Lemons Limes Longan* (seasonal) Lychees* Mangoes Melons (sweet) Oranges Papaya Peaches Pineapple Plums Prunes (cooked) Raisins (soaked) Rambutan (seasonal) Rhubarb Strawberries	Asparagus Beets Cabbage (cooked)* Carrots Cauliflower* Cilantro/Coriander Cucumber Daikon radish* Fennel (anise) Garlic Green beans Green chillies Jerusalem artichoke* Leafy greens* Leeks Lettuce* Mustard greens* Okra Olives (black) Onions (cooked)* Parsley* Parsnip Peas (cooked) Potatoes (sweet) Pumpkin Radishes (cooked)* Rutabaga Spaghetti squash Spinach (cooked)* Sprouts* Squash summer and winter Taro root Turnip greens* Watercress Zucchini	Aduki Beans Amaranth Black Lentils Durham flour Lentils* (red) Mung beans Mung dal Oats Oats (cooked) Pancakes Quinoa Rice (all kinds) Seitan (wheat meat) Soya cheese* Soya milk* Soya sausage* Sprouted wheat bread Tofu* Turdal Urud dal Wheat





<p><b>DAIRY</b></p> <p>Butter Buttermilk Cheese (hard)* Cheese (soft) Cottage cheese Cows milk Ghee Goats cheese Goats milk Ice cream* Sour cream * Yoghurt (diluted and spiced)*</p> <p><b>ANIMAL FOOD</b></p> <p>Chicken (dark) Chicken (white)* Duck Eggs Fish - freshwater or sea Lamb (as broth) Salmon Sardines Seafood Shrimps Tunafish Turkey (dark)</p> <p><b>NUTS</b> <i>In moderation</i></p> <p>Almonds Black walnuts Brazil nuts Cashews Charole Coconut Filberts Hazelnuts Macadamia nuts Peanuts Pecans Pine nuts Pistachios Walnuts</p>	<p><b>CONDIMENTS</b></p> <p>Black pepper Chutney (mango) - sweet or spicy Chilli peppers* Coriander leaves Dulse Gomasio Hijiki Kelp Ketchup Kombu Lemon Lime Lime pickle Mango pickle Mayonnaise Mustard Pickles Salt Scallions Seaweed Soy sauce Sprouts* Tamari Vinegar</p> <p><b>SEEDS</b></p> <p>Chia Flax Halva Pumpkin Sesame Sunflower Tahini</p> <p><b>OILS</b> <i>For internal and external use (most suitable oils at top of list)</i></p> <p>Sesame Ghee Olive</p> <p><i>(most other oils external use only)</i></p> <p>Coconut Avocado</p>	<p><b>BEVERAGES</b> <i>all fruit juices to be freshly made</i></p> <p>Almond milk Aloe vera juice Apricot juice Berry juice (except cranberry) Carob* Carrot juice Chai (hot spiced milk) Grain coffee Grape juice Grapefruit juice Lemonade (freshly made) Mango juice Miso broth Orange juice Papaya juice Peach nectar Pineapple juice Rice milk Soya milk (hot and well spiced)</p> <p><b>HERB TEAS</b></p> <p>Ajwan Bancha Catnip Chamomile Chicory Chrysanthemum Clove Comfrey Elder flower Eucalyptus Fennel Fenugreek Ginger (fresh) Hawthorn Juniper berry Kukicha * Lavender Lemongrass Licorice Marshmallow Oat straw Orange peel Penny royal Peppermint Raspberry * Rosehips Saffron Sage Sarsaparilla Sassafras Spearmint Strawberry* Wintergreen*</p>
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SPICES	SWEETENERS	FOOD SUPPLEMENTS
Ajwan Allspice Almond extract Anise Basil Bay leaf Black pepper Cardamom Cayenne* Cinnamon Cloves Coriander Cumin Curry leaves Dill Fennel Fenugreek* Garlic Ginger Mace Marjoram Mint Mustard seed Nutmeg Orange peel Oregano Paprika Parsley Peppermint Pippali Poppy seeds Rosemary Saffron Salt Savory Spearmint Star anise Tarragon Thyme Turmeric Vanilla Wintergreen	Barley malt Fructose Fruit juice concentrates Honey - raw and not processed Molasses Rice syrup Sucanat Turbinado	Aloe vera juice* Bee pollen Amino acids Minerals Calcium Copper iron Magnesium Zinc Royal jelly Spirulina Blue green algae Vitamins A and B complex B12 - C - D and E

\* Food items marked with an asterix should be taken occasionally or not at all

