

BALANCING THE DOSHAS WITH DIET

Ayurveda is an ancient approach to health and wellness that was developed in India many centuries ago.



It's a mind-body perspective that promotes balance in the body so that the body is at an optimal state to heal itself.



Ayurvedic philosophy puts a strong emphasis on supporting the body through diet.



According to Ayurveda, diet – along with daily meditation – can balance the doshas.

THE THREE DOSHAS

Doshas are elemental forces that are said to exist in different ratios across individuals. This is what makes up a person's unique constitution.



Vata



Pitta



Kapha

Once you discover your dominant dosha, you can experiment with tailoring your eating in a way that is believed to complement it.

For the most part, Ayurveda encourages an emphasis on vegetarian eating – with the exception of Vata. The chart on the following page lists foods, broken down by food group, that are believed in Ayurveda to balance out the different doshas. Experimenting with these foods may contribute to a person's health and vitality. But, remember, bio-individuality always comes first! Any foods that you have an intolerance to or that does not fit within your dietary preferences should always be avoided.

	VATA	PITTA	KAPHA
DAIRY	<p>Balancing foods: Cheese, fresh eggs, ghee, natural yogurt, and organic milk</p> <p>Imbalancing foods: Frozen yogurt and powdered milk</p>	<p>Balancing foods: Butter, ghee, and milk</p> <p>Imbalancing foods: Hard cheese, sour cream, and yogurt</p>	<p>Balancing foods: Dairy does not promote balance for Kapha.</p> <p>Imbalancing foods: All dairy products</p>
FATS AND OILS	<p>Balancing foods: Nuts and oils</p> <p>Imbalancing foods: None</p>	<p>Balancing foods: Coconut, olive, and sunflower oils</p> <p>Imbalancing foods: Nuts</p>	<p>Balancing foods: Almond and sunflower oils in small amounts</p> <p>Imbalancing foods: Nuts, oils, and seeds</p>
FRUITS AND VEGETABLES	<p>Balancing foods: Cooked fruits and vegetables, and sweet fruits</p> <p>Imbalancing foods: Apples, cranberries, cruciferous vegetables, dried fruit, pears, pomegranate, and raw vegetables</p>	<p>Balancing foods: Bitter greens, cucumber, raw vegetables, and sweet fruits</p> <p>Imbalancing foods: Sour fruit (e.g., lemons, limes, grapefruit) and sweet and bitter vegetables</p>	<p>Balancing foods: Apples, apricots, berries, bitter greens, and pears</p> <p>Imbalancing foods: Avocado, banana, figs, grapes, sour fruits, sweet potatoes, and zucchini</p>
GRAINS	<p>Balancing foods: Cooked oats, rice, and wheat</p> <p>Imbalancing foods: Barley, corn, oats, and millet</p>	<p>Balancing foods: Barley, wheat, and white rice</p> <p>Imbalancing foods: Brown rice, corn, and millet</p>	<p>Balancing foods: Barley, corn, millet, and rye</p> <p>Imbalancing foods: Cooked oats, rice, and wheat</p>
HERBS AND SPICES	<p>Balancing foods: Black pepper, cinnamon, cumin, and ginger</p> <p>Imbalancing foods: Anise and cayenne</p>	<p>Balancing foods: Coriander, cardamom, cinnamon, fennel, and turmeric</p> <p>Imbalancing foods: Most other spices</p>	<p>Balancing foods: Most spices are good; cinnamon, cloves, ginger</p> <p>Imbalancing foods: High sodium and salty foods</p>
PROTEIN	<p>Balancing foods: Eggs and red meat</p> <p>Imbalancing foods: Legumes (except lentils and mung beans)</p>	<p>Balancing foods: Chicken and turkey</p> <p>Imbalancing foods: Egg yolks, red meat, and seafood</p>	<p>Balancing foods: Beans, chicken, eggs, and turkey</p> <p>Imbalancing foods: Beef, lamb, and pork</p>