

# KAPHA BALANCING DIET



## GENERAL PRINCIPLES:

**FAVOUR:** Warm food and drinks

Tastes: pungent, bitter, astringent

Qualities: light, dry, hot

Light meals, appetisers, salads, soups, rice cakes, and crackers

**REDUCE:** Cold food and drinks, rich desserts

Heavy meals, too much food

Tastes: sweet, sour, salty

Qualities: cold, heavy, oily

Snacking between meals

## KAPHA PACIFYING DIET : SPECIFIC FOODS

### FAVOUR:

- Grains – (Especially puffed grains). Barley, buckwheat, couscous, millet, muesli, oats, oat bran and a small amount of wheat.
- Legumes – Most beans, peas and dahl. Avoid soy products.
- Fruits –apples, berries, cranberries, pomegranates, dried fruits and a small amount of strawberries.
- Vegetables – Asparagus, beets, bitter melons, broccoli, beet greens, cabbage, garlic, green beans, fennel, carrot, kale, horseradish, leafy greens, leeks, lettuce, okra, cooked onions, spinach, sprouts, squash, turnip and a small amount of artichoke, burdock root and Brussels sprouts.
- Sweeteners – Honey.
- Spices –Hot spices, such as pepper, chillies, ginger, cinnamon, clove, fenugreek and bay leaves.
- Dairy – A very small amount of dairy, goat’s milk and ghee in moderation
- Meats – Freshwater fish, shrimp, rabbit, venison, and a small amount of the white meat of chicken and turkey.
- Nuts – A small amount of Almonds.
- Oils – A small amount of olive, corn and canola.

## REDUCE:

- Dairy – Yoghurt, cream, butter, sour cream, cheese, whole milk.
- Sweeteners -Sugarcane, molasses, corn syrup.
- Oils – All, except small amounts of almond, corn, walnut, sunflower, sesame, ghee.
- Grains – large quantities of wheat, rice, oats.
- Fruits –Grapes, melons, avocado, coconut, dried fruit, banana, orange, pineapple, plums, berries.
- Vegetables – Tomato, cucumber, sweet potato.
- Beans – Beans, tofu, other soy products, urad lentils.
- Spices – Caraway, poppy seeds, salt.
- Nuts –All except walnuts and small amounts of blanched almonds
- Beverages – Iced/cold drinks, cold milk, milkshakes, buttermilk, lassi, sweet fruit juices.
- Meat – Red meat, seafood.