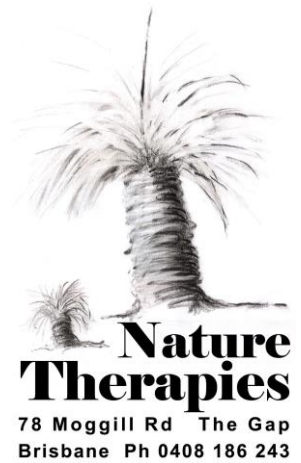


PITTA BALANCING DIET



GENERAL PRINCIPLES:

FAVOUR: Cool food and drinks

Tastes: sweet, bitter, astringent

Qualities: heavy, cold and oily

Moderate amounts of substantial meals

Salads

Rich foods

REDUCE: Hot food and drinks

Tastes: pungent, sour, salty

Qualities: light, hot, dry

Light and frequent meals

PITTA PACIFYING DIET : SPECIFIC FOODS

FAVOUR:

- Grains – White and brown basmati rice, barley, oat bran, oats, wheat and wheat bran.
- Legumes – Yellow mung dahl, split red and yellow peas, a small amount of aduke beans and soy products. All these should be cooked to a soft consistency.
- Fruits – Sweet fruits such as apples, berries, coconuts, dates, figs, avocados, sweet melons, plums and pomegranates..
- Vegetables – Asparagus, broccoli, cabbage, cucumber, cooked onions, sweet potatoes, sprouts, squash and a small amount of okra and cauliflower.
- Spices – Cooling spices such as liquorice, cardamom, coriander seeds (cilantro), fennel seeds, fresh basil, dill, tumeric and a small amount of cumin and fresh ginger.
- Dairy – Fresh ghee and fresh, whole unhomogenised milk.
- Meats –Baked or grilled chicken, turkey or white fish in moderate amounts.
- Nuts –Sunflower seeds and almonds in moderate amounts

REDUCE:

- Dairy – Yoghurt, cheese, sour cream, cultured buttermilk
- Sweeteners - Honey, molasses
- Oils – Almond, sesame, corn, safflower
- Grains – corn, rye, large amounts of millet, oats, barley.
- Fruits – Grapefruit, olives, papaya, persimmon, banana, orange (sour), plums (sour), unripe strawberry
- Vegetables Hot peppers, tomato, carrots, spinach, beets, onions
- Spices – Allspice, asafoetida (hing), basil, cayenne, cloves, cumin, fenugreek, garlic, mustard, salt, pepper, saffron
- Nuts – Peanuts, almonds (unblanched)
- Beverages –Hot drinks, lemonade or sour drinks, herbal teas, buttermilk, lassi, large amounts of coffee or black tea
- Meat – Red meat, seafood, egg yolks.