

VATA BALANCING DIET



GENERAL PRINCIPLES:

FAVOUR: Warm delicious food and drink

Tastes: sweet, sour, salty

Qualities: heavy, hot and oily

Small to moderate amounts of food

Eat frequently, every 4 – 5 hours

Enjoy rich foods

REDUCE: Cold food

Chilled drinks

Weight- reducing food

Tastes: bitter, astringent, pungent

Qualities: cold, dry, light

Very heavy and infrequent meals

VATA PACIFYING DIET : SPECIFIC FOODS

FAVOUR:

- Grains – White and brown basmati rice, wheat, barley, amaranth, oats and quinoa
- Legumes – Mung beans, aduki beans, split yellow mung dahl, red and yellow split pea and urad dahl. All these should be cooked to a soft consistency.
- Fruits – Sweet and sour tastes, like grapes, lemons, pears, banana, sweet oranges, dates, figs, apples (preferably cooked), avocados berries and a small amount of raisins.
- Vegetables – Sweet vegetables, like zucchini, beets, cauliflower, leeks, carrots, asparagus, fennel and a small amount of garlic, green beans, green chillies, okra, parsnips, pumpkins and radishes (preferably cooked).

(Favour continued)

- Spices – Avoid using hot, pungent, drying spices. Use fresh spices such as ginger root, cumin, coriander (cilantro) and fennel seeds, tumeric and asafoetida (hing).
- Dairy – Fresh, whole, unhomogenised milk, ghee and a small amount of butter.
- Meats – White meat, such a chicken, fish or turkey (baked or grilled); chicken broth
- Nuts – A small amount of almonds, pecans and sesame seeds.
- Oil – Ghee, sesame and olive in a smaller amount.

REDUCE:

- Grains - Large amounts of barley, corn, millet, buckwheat, rye.
- Fruit – Apples, cranberries, unripe fruit.
- Vegetables – Peas, green leafy vegetables, broccoli, cabbage, cauliflower, zucchini, potato, raw vegetables, most sprouted legumes/seeds/beans, tomatoes, peppers.
- Spices – Allspice, coriander, nutmeg, tumeric, oregano
- Nuts – Walnuts.
- Beans – All beans except soy (tofu), mung, masoor and ural lentils.
- Beverages – Iced drinks, carbonated drinks, thick milkshakes, coffee, black tea.
- Meat – Beef.