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AYURVEDA

TRIDOSHIC FOOD LIST



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Tridoshic Food Guidelines

Qualities to Reduce:

hot, heavy, dry

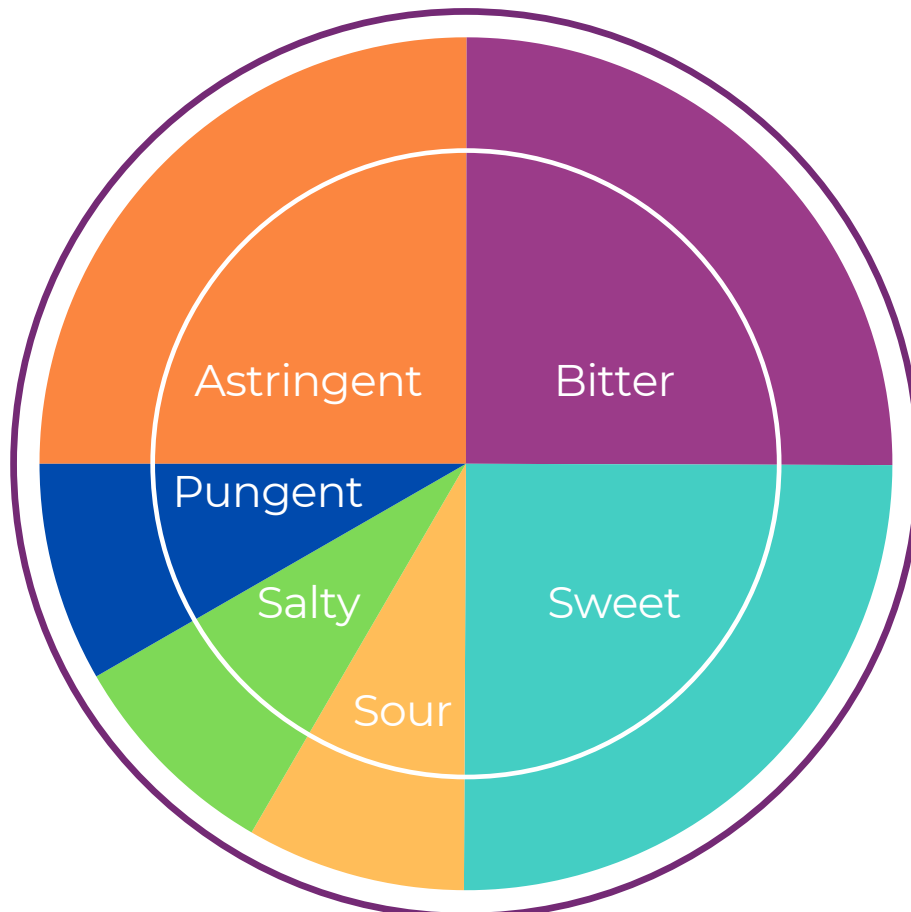
Tastes to Maximize:

sweet, bitter, astringent;

Tastes to Minimize:

sour, salty, pungent

The Tridoshic Dinner Plate



The Six Ayurvedic Tastes

Instead of looking at the individual components of foods — ie: carbohydrates, protein, fats, and calories — Ayurveda identifies six “tastes” of foods. Each taste has specific effects on the three doshas (Vata, Pitta, and Kapha). By including all six tastes in each meal we satisfy our nutritional and dietary needs without the need to count calories or consult a manual.

Tridoshic folk should focus on eating more of the Sweet, Astringent, and Bitter tastes, ie: leafy greens, lentils, dried beans, pomegranates, potatoes, fish and shellfish, dairy, nuts and seeds, root vegetables, coconut, lime, cilantro, peppermint, dill, fennel, and aloe vera are good choices for you.

The Sweet Taste ∴ earth + water

...is heavy, moist, and cool. This increases Kapha and decreases Vata and Pitta. Examples: nuts, grains, oils, meats, and most dairy.

The Sour Taste ∴ fire + earth

...is heavy, moist, and hot. This increases Pitta and Kapha and decreases Vata. Examples: pickles and fermented foods such as yogurt.

The Salty Taste ∴ fire + water

...is heavy, moist, and hot. This increases Pitta and Kapha and decreases Vata. Examples: sea salt, sea vegetables, and seafood.

The Pungent Taste ∴ fire + air

...is light, dry, and hot. This increases Pitta and Vata and decreases Kapha. Examples: chili peppers, ginger, and black pepper.

The Astringent Taste ∴ earth + air

...is dry and cool. This increases Vata and decreases Pitta and Kapha. Examples: most beans, cranberries, and pomegranates.

The Bitter Taste ∴ air + ether

...is light, dry, and cool. This increases Vata and decreases Pitta and Kapha. Examples: leafy greens and herbs such as turmeric.

Tridoshic Food List

GRAINS

These may be eaten as a cooked grain or as yeasted bread.

Best: white basmati rice

Small to Moderate Amounts: amaranth, barley, brown rice, buckwheat, corn flour products, millet, quinoa

Minimize: oats, wheat

DAIRY

Best to use raw or organic, non-homogenized milk products. Milk should be taken warm with a small amount of spices such as ginger and cardamom. Ghee is best used with mild spices.

Best: ghee, organic milk

Small Amounts: butter, buttermilk, cottage cheese, cream, goat milk, kefir, sour cream, whole cow's milk

Minimize: hard cheese, ice cream, frozen yogurt

SWEETENER

Overuse of any sweetener will eventually cause an imbalance.

Best: fresh honey*

Small Amounts: coconut sugar, date sugar, grape sugar, old honey, maple syrup, molasses, rice syrup

Minimize: white table sugar

*do not heat honey, okay to add it to something warm or hot

NUTS AND SEEDS

Heavy, oily, and slightly warm, most nuts would aggravate tridoshic individuals if relied upon as a staple. However, using them in small amounts is advised and will not cause any imbalance.

Best: pumpkin seeds, pine nuts, sunflower seeds

Small or Moderate Amounts: almonds, Brazil, cashews, coconut, filberts, lotus seeds, macadamia, peanuts, pecans, pistachio, sesame seeds, walnuts

CONDIMENTS

Condiments can be used to add one of the tastes to a meal or to balance out any heating or cooling qualities of a dish.

Best: Dosha-supportive Chutney*

Small Amounts: catsup, mayonnaise, vinegar

*See the download for chutneys

OILS

The best oils that should be relied on are lighter, cooler, and drier. Other oils may be used occasionally.

Best: sunflower oil, ghee

Small Amounts: almond, avocado, coconut, flaxseed, mustard, olive, peanut, sesame, safflower