Farmacy Co
NURTURE WITH NATURE

Kapha Dosha pacifying foods

	Prefer	Avoid
General	Favour dry, light and crunchy foods. Favour pungent (hot spicy), bitter and astringent foods.	Large quantities of food, especially at night. Avoid oily and greasy food like deep fried foods, cold raw or re-heated foods, heavy foods such as frozen or canned foods and sweet, sour, salty tastes.
Legumes	Moong or mung dhal, lentils & beans	Tofu, tempeh, chickpeas and soy
Grains	Barley, millet, corn, buckwheat, rye, quinoa, couscous, oat bran and tasted whole grain bread	Wheat, rice, oats (cooked) all yeasted or sourdough bread and pasta.
Nuts & Seeds	Small portions of sunflower, sesame and pumpkin seeds, pecans & walnuts	Avoid excess of most nuts
Vegetables	All green leafy veg, carrots, beets, white potatoes, artichoke, broccoli, corn, celery, cabbage, cauliflower, peas, green beans, capsicum, sprouts, tender radish. Small amounts of tomato, asparagus zucchini	Sweet potatoes, tapioca and cucumber
Fruit	Apples, pears, figs, papaya, guava, pomegranate, cranberries, persimmon and dry fruits	Avocado and very sweet fruits like mango and banana
Dairy	Organic skim milk (boiled and served warm), small amounts of ghee, tea, herbal tea, ginger, tulsi or cinnamon tea.	Cold water and cold drinks, cheese, ice cream, sour cream and yoghurt.
Sweeteners	Raw honey which is not baked or cooked. Only add honey to teas and hot water after heating has ceased. A little raw sugar or jaggery is ok.	White refined sugar and sugary product, confectionary and chocolate.
Oils	Mustard, corn, sesame, olive, flaxseed (all used sparingly). Ghee in small amounts. Use Kapha oil for daily massage before bathing.	Mostly avoid oils but small quantities ok. Butter is best avoided but ghee can be used in small amount.
Meats	Chicken, turkey, egg whites	Eggs with yolk, pork, beef, seafood
Herbs & Spices	Heating spices – ginger, black pepper, cumin, mustard seeds, ajwain, saffron, hing, cinnamon, cardamom, cloves, anise, fennel, coriander, dill, mint, garlic, nutmeg, tamarind, sea salt, lemon juice	Limit salt