



Pitta Dosha pacifying foods

Prefer

Avoid

General	Favour cool to lukewarm drinks and warm freshly cooked foods. Favour sweet, bitter and astringent tastes.	Avoid pungent (ie. Hot & Spicy) foods like chilies, cayenne and jalapeno peppers as well as sour foods like vinegar and too salty snack, alcohol and acidic foods.
Legumes	Mung beans, small kidney beans, non-fermented soybean products, tofu is ok, as are other beans in moderation.	Fermented soybean products like Tempeh.
Grains	White rice (Basmati & Jasmine), Barley, oats, quinoa, kamut, amaranth, whole wheat, whole grain bread (toasted)	Corn, Rye, Millet, buckwheat, brown rice
Nuts & Seeds	Pumpkin seeds & blanched peeled almonds in small amounts, sunflower seeds, cucumber seed and watermelon seed	Most nuts like peanuts, cashews and walnuts.
Vegetables	Yellow squash, zucchini, cucumber, kale, bok choy, winter squashes, asparagus, artichokes, okra, cauliflower, broccoli, cabbage, green beans, potatoes, peas, spinach, coriander, sprouts, lettuce, chard, parsley, sweet corn, alfalfa, mushrooms, all leafy greens.	Tomatoes and tomato sauce, radish, eggplant, peppers, mustard greens, raw onion, ginger
Fruit	Sweet grapes, sweet mango, coconut, melons, sweet plums, banana, persimmon, pomegranate, sweet apples, sweet pears, raisins, dates, figs & avocado	Sour fruits such as grapefruit, orange, peach, sour grapes, pineapple, berries, prunes, lemons, limes etc.
Dairy	Organic milk, ghee, cream, butter, paneer, soymilk, rice milk	Yoghurt, salted cheese (especially aged cheese like feta or blue) Sour cream.
Sweeteners	Whole raw sugar cane, sugar, date sugar, maple sugar, rock candy, honey (never heated)	Molasses, brown sugar, jaggery
Oils	Ghee is best, olive or coconut oils	Almond, corn, safflower, sesame, mustard, canola
Meats	Chicken (white meat), turkey, egg whites, goat meat.	Seafood, beef, pork, lamb, egg yolks.
Herbs & Spices	Coriander, cumin, turmeric, saffron, fennel, cardamom, parsley, mint	Chilli, cayenne, onion, garlic, mustards seed, cloves, ajwain, fenugreek, ketchup, mustard, hing, ginger, black pepper, soy sauce, tamarind.