



Vata Dosha pacifying foods

Prefer

Avoid

General	Eat a sufficient quantity at regular intervals, include adequate amounts of oily, warm, soft foods and warm drinks. Have more sweet, sour and salty tasting foods.	Light, dry and crunchy foods. Cold foods and drinks. Pungent (hot & spicy), bitter and astringent tastes.
Legumes	Yellow moong beans, green moong beans, red lentils and tofu	Chickpeas, kidney beans, adzuki beans, black gram, gram dal, soybeans.
Grains	Wheat rice, cooked oatmeal, bulgar wheat, quinoa, spelt and whole grain breads.	Corn, Rye, buckwheat, raw oats, millet.
Nuts & Seeds	All nuts & Seeds (pistachio, almonds, cashew, walnuts, pumpkin, sesame & sunflower) soaked in water overnight to soften them.	Peanuts
Vegetables	Zucchini, asparagus, carrots, beets, sweet potato, cucumbers, yellow squash, okra, parsley, green peas, fennel, spinach in small amounts	Green leafy veg, artichokes, dried peas, potatoes, broccoli, cauliflower, cabbage, celery, sprouts, onion, radish, raw vegetables and salad.
Fruit	All ripe, sweet juicy fruits. Dried fruit is better boiled and soaked in water before eating. Sweet grapes, banana, melons, plums, cherries, kiwi, peach, apricot, mango, papaya, pomegranate, sweet pineapples, raisins, prunes, sweet oranges, dates, figs, avocado. Apples and pears only if sweet and juicy.	Unripe/sour fruits. Guava, raw banana (cooked as vegetable), cranberries, persimmon.
Dairy	Most dairy and dairy products are suitable	Soy milk & powdered milk.
Sweeteners	Whole natural raw cane sugar, raw honey, jaggery, date sugar	White or processed sugar.
Oils	All types, ghee and organic olive oil are best or ghee sautéed with vata stabilising spices	
Meats	Beef, Chicken thigh, Duck, eggs, fish, shellfish, pork, dark turkey	Lamb, rabbit, Chicken breast, Turkey breast
Herbs & Spices	Cumin, ginger, mustard seed, ajwain, celery seed, fenugreek, coriander, bay leaves, basil, saffron, hing, cinnamon, cardamom, cloves, anise, fennel, black pepper, rock salt, lemon juice, dill, mint, garlic, nutmeg, tamarind & Soy sauce. All other spices in small amount.	Cayenne, chili and other hot spices.