

Nourishing Your Dosha

Vata



Characteristics of Vata: cold, dry, light, mobile

To balance Vata, Ayurveda encourages warm, oily, and dense foods

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Fruits



Favor: sweet fruits such as ripe bananas, berries, melons, cherries, grapes, lemons and limes, mangoes, peaches

Limit: dry fruits such as raw apples, dry dates, dried fruit, unripe bananas

Vegetables



Favor: cooked vegetables such as asparagus, beets, green beans, onions, squash and zucchini as well as root vegetables such as carrots and sweet potatoes

Limit: raw vegetables as well as cruciferous vegetables such as broccoli, brussels sprouts, and cauliflower

Grains



Favor: brown rice, basmati rice, cooked steel cut oats, quinoa

Limit: cold, dry or puffed grains or cereal

Legumes



Favor: mung daal (split mung beans), tofu served hot

Limit: other types of beans in excess as they can aggravate gas and bloating

Dairy/ & Animal products



Favor: ghee (clarified butter), goat's milk products, unsweetened yogurt & moist meats such as beef, chicken or turkey, eggs and fish

Limit: ice cream, powdered milk, & heavy and dry meats such as lamb, pork, rabbit, and venison

Nuts & seeds



Favor: raw, unsalted nuts, particularly almonds

Limit: salted and roasted nuts

Oils



Favor: warm oils such as almond oil, olive oil, mustard oil, sesame oils

Limit: light and processed oils such as corn oil, canola, peanut and palm

Spices



Favor: warm and grounding spices such as basil, bay leaf, black pepper, cardamom, cinnamon, cloves, turmeric, cumin, ginger, nutmeg, rosemary, turmeric

Limit: "Spicy" spices: cayenne, chili powder, horseradish