



KAPHA FOOD PROGRAM

Basic Principles

Qualities to Reduce: Cold, moist, heavy

Best Taste: Pungent, bitter, astringent

Qualities to Avoid: Sweet, sour, salty

Foods listed as "Best" can be eaten without reservation on a daily basis. Individuals who are sick should consume only those foods on this list. These foods are the most ideal as they are the most balanced for both *doshas*. Foods listed as "Small Amounts" can be eaten in small portions fairly often or in larger portions once or twice each week. Eating a wide variety of these foods is better than an abundance of just one. Over-reliance upon these foods can cause an imbalance. Foods listed as "Avoid" should be eaten only on rare occasions and can be eaten once each month. They either cause an imbalance in both *doshas* or very significantly disturb one of the *doshas*.

In the spring fats are restricted as nature provides low fat, low mucus foods like sprouts, leafy greens, berries, and roots. Fat free forces the body to burn its own fat and that is where the body naturally stores toxins so spring cleaning happens. 60% vegetables, fruits, grains 10% fats 30% protein

Grains

Toasted breads are very good, as they are drier.

Best: Amaranth, barley, basmati rice, buckwheat, corn flour, quinoa

Small Amounts: Millet, rye

Avoid: Oats, long and short grain rice (white or brown), wheat, whole wheat

Dairy

It is best to use raw or organic milk products. Milk should be taken warm with a small amount of spices such as ginger and cardamom.

Best: Goat milk

Small Amounts: Ghee

Avoid: Butter, buttermilk, cheese, cream, cottage cheese, ice cream, kefir, sour cream, yogurt

Sweeteners

Overuse of any sweetener will eventually cause an imbalance.

Best: Stevia, raw honey (look for honey that is more than six months old or store some jars.)

Avoid: Fructose, maple syrup, molasses, raw sugar, white and brown sugar

Oils

Use all oils in small amounts only. Even the best oils, if overused, will aggravate *kapha*.

Best: Canola, corn, flaxseed, mustard, safflower, sunflower

Avoid: Almond, avocado, castor, coconut, olive, peanut, sesame

Fruits

Because they contain a lot of water, overuse can aggravate *kapha*. Dried fruits are the best, though fresh fruit may be taken as well. Greater amounts may be eaten in the summer and less the rest of the year.

Best: Dried fruits as they are not too sweet. Apples, cherries, cranberries, grapefruit, pomegranate, prunes, raisins.

Small Amounts: Apricots, lemon, lime, papaya, pineapple

Avoid: Sweet fruits, avocado, bananas, berries (raspberry, blackberry, blueberry, strawberry), cantaloupe, coconut, dates, figs, grapes, mango, melons, pineapple, oranges, peaches, pears, persimmons, plums, tangerines, watermelon

Vegetables

Vegetables are best eaten raw during the summer and cooked the rest of the year and during times of digestive difficulty. In general, vegetables are good and even the “Avoid” group, if eaten in small amounts, will cause no harm.

Best: Alfalfa sprouts, artichoke, asparagus, green beans, bell peppers, broccoli, Brussels sprouts, cabbage, cauliflower, carrots, celery, chilies, cilantro, corn, kale, lettuce, and other leafy greens, mustard greens, onions, parsley, peas, hot peppers, potatoes, radish, seaweed, spinach, rutabagas/turnips

Small Amounts: Mushrooms, tomatoes

Avoid: Beets, cucumber, eggplant, okra, squash (all), sweet potatoes, water chestnuts, zucchini

Nuts and Seeds

Heavy, oily and slightly warm, most nuts aggravate *kapha* individuals. Seeds are best, as they are lighter and drier.

Best: Pumpkin seeds, sunflower seeds

Small Amounts: Sesame seeds

Avoid: Almonds, Brazil nuts, cashews, coconut

filberts, lotus seeds, macadamia nuts, pecans, pistachio, peanuts, walnuts

Meats

If you choose to eat meat, limit consumption to 2-3 times per week. Meat soups can be particularly nourishing during convalescence. *Kapha* individuals can thrive as vegetarians.

Best: Chicken or turkey (dark meat only), fresh water fish, rabbit

Small Amounts: Eggs

Avoid: Beef, duck, lamb, pork, seafood, shellfish, venison

Legumes

Beans tend to be dry, cool and somewhat heavy. Moderate use is generally all right for *kapha* types. They should be taken with spices to assist digestion. Soaking beans before cooking makes them easier to digest.

Best: Mung beans, red lentils, split peas

Small Amounts: Aduki beans, black gram, black beans, fava beans, kidney beans, lima beans, pinto beans

Avoid: Chickpeas, soybeans

Spices

When spicing, the overall spiciness is more important than individual spices. Even some “Avoid” spices can be used if balanced with other spices on the “Best” list. For *kapha*, food should be spiced hot and never bland. **Best:** Anise, basil, bay leaf, black pepper, calamus, chamomile, caraway, cardamom, catnip, cayenne, cinnamon, cloves, coriander, cumin, dill, fennel, fenugreek, garlic, ginger, horseradish, hyssop, marjoram, mustard, nutmeg, oregano, peppermint, poppy seeds, rosemary, saffron, sage, spearmint, star anise, thyme, turmeric. Hot spices are best. Any spice not listed is probably fine.

Avoid: Salt

Condiments

Small Amounts: Catsup, vinegar

Avoid: Mayonnaise, salt

Beverages

These are best taken at room temperature or warm, and never ice cold.

Best: Two glasses of spring water per day in

cool weather and three in hot weather unless doing extremely vigorous exercise and sweating.

Herb teas (spicy and bitter), cranberry juice, green vegetable juices, wheat grass juice

Small Amounts: Carbonated mineral water, coffee, tea

Avoid: Apple juice, carrot juice, orange juice, soft drinks