

## *California College of Ayurveda*

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# ❧ Pitta Food Program ❧

### **Tastes**

**Best:** Sweet, bitter astringent

**Avoid:** Pungent (hot), sour, salty

Foods listed as “Best” can be eaten without reservation on a daily basis.

Foods listed as “Small Amounts” can be eaten in small portions fairly often or in larger portions once or twice per week.

Foods listed “Avoid” should be eaten only on rare occasions. Remember, it is not what you do once in a while that matters. Long-term habits determine your health. Healthy habits create a healthy life. Unhealthy habits lead to an unhealthy life.

### **Grains**

It is best to eat these as a cooked grain or an unyeasted bread. Small amounts of yeast breads are all right however. Grains should make a large portion of the diet.

**Best:** Barley, white basmati rice, millet, oats, white rice, wheat, whole wheat

**Small Amounts:** Brown rice (only in acute *pitta* conditions, otherwise it can be used often)

**Avoid:** Buckwheat, corn flour

### **Dairy**

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

**Best:** Unsalted butter, cottage cheese, cream cheese, ghee, milk

**Small Amounts:** Hard, non-salted cheeses

**Avoid:** Buttermilk, salted cheeses, sour cream, kefir, cultured milks, yogurt

### **Sweeteners**

**Best:** Maltose, maple syrup, rice syrup

**Small Amounts:** Dextrose, fructose, honey, table sugar

**Avoid:** Molasses, raw sugar

## Oils

**Best:** Ghee, olive oil

**Small Amounts:** Avocado, canola, corn, coconut, soy, sunflower

**Avoid:** Almond, castor, flaxseed, margarine, mustard, peanut, safflower, sesame

## Fruits

Sweet and ripe fruits are best. Avoid sour fruit.

**Best:** Apples, avocados, blackberries, blueberries, cantaloupe, coconut, cranberries, dates, dried fruit, figs, grapes, lemons, limes, nectarines, pineapple, prunes, raisins, raspberries, strawberries

**Small Amounts:** Apricots, bananas (very ripe only), cherries, grapefruit, oranges, pineapple

**Avoid:** All sour fruits, such as sour oranges (mandarin), sour pineapple, sour plums, papaya, olives, tangerines, and all unripe fruit

## Vegetables

Vegetables are best eaten fresh. You may eat large amounts. Eat them cooked in the winter or if digestion is weak. Eat them raw in the summer if your digestion is strong. Fresh green vegetable juices are very good. Those with arthritis should avoid all nightshades.

**Best:** Alfalfa sprouts, artichoke, asparagus, bean sprouts, bell peppers, bitter melon, broccoli, Brussels sprouts, cabbage, cauliflower, celery, cilantro, cress, cucumber, green peppers, kale, leafy greens, lettuce, mushrooms, onions (well cooked), peas, pumpkin, seaweed, squash, zucchini

**Small Amounts:** Avocado, beets, carrots, corn, eggplant, garlic (well cooked), parsley, potatoes, spinach, sweet potatoes, vine-ripened tomatoes

**Avoid:** Chilies, hot peppers, mustard greens, onion (raw), radishes, tomato paste, tomato sauce and any hot or pungent vegetable

## Nuts and Seeds

**Best:** Coconut, sunflower, pumpkin seeds

**Small Amounts:** Piñon nuts, sesame seeds

**Avoid:** Almonds, Brazil nuts, cashews, filberts, macadamia nuts, pecans, pistachio, peanuts, and any other nut not mentioned

## Meats

If you choose to eat meat, limit consumption to 2-3 times per week.

**Best:** Chicken, egg whites, fresh water fish (trout), turkey

**Small Amounts:** Beef, duck, egg yolk, lamb, pork, sea fish, venison, any other red meat

## Legumes

**Best:** Black lentils, chickpeas, mung beans, split peas, soybeans (soy products), tofu

**Small Amounts:** Aduki beans, kidney beans, navy beans, pinto beans

**Avoid:** Red and yellow lentils

## 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 *pitta*, food should be spiced mild to moderate and never very hot or bland.

**Best:** Cardamom, catnip, chamomile, coconut, coriander, dill, fennel, lemon verbena, peppermint, saffron, spearmint, turmeric

**Small Amounts:** Basil, bay leaf, black pepper, caraway, cinnamon, cumin, ginger (fresh), oregano, rosemary, thyme

**Avoid:** Anise, asafoetida, calamus, Cayenne pepper, cloves, fenugreek, garlic (raw), ginger (dry), horseradish, hyssop, marjoram, mustard seeds, nutmeg, poppy seeds, sage, star anise

## Condiments

**Best:** Carob sweetened with the best sweeteners noted above

**Small Amounts:** Mayonnaise, sweet mustards

**Avoid:** Chocolate, salt, vinegar

## Beverages

**Best:** Five cups of water per day. Bitter and astringent herb teas such as alfalfa, chicory, dandelion, hibiscus, and strawberry leaf. These can be found in grain beverages such as Sipp, Pero, Inka and Cafix. Milk, wheat grass juice. Try the Pitta tea available at the front desk.

**Small Amounts:** Chai tea or black tea, diluted fruit juice with one-half water

**Avoid:** Alcohol, carbonated water, coffee, sweet fruit juices, spicy herb teas, soft drinks, tomato juice