

PITTA BALANCING DIET

The food we eat is that unique aspect of our life which we have almost total control over. Because we are what we eat, according to Āyurveda it can be a very powerful tool for balancing and for promoting and maintaining health. One ancient authority says that food is our medicine--a good regimen of diet is worth a hundred drugs but no amount of drugs can overcome a poor regimen of diet. Generally, one should eat warm, freshly cooked foods. We can use the tastes in food as a guide to what qualities those foods have. For example, foods which have sweet, bitter, and astringent tastes have those qualities (especially cooling and dryness) necessary to balance pitta's qualities of hot, sharp, oily, etc. We will give below examples of foods with these tastes common in this culture. This information has been provided by Dr. Lad, in his book: *Ayurvedic Cooking for Self Healing*. This book is a good resource of knowledge and menus. Please note that agreement about the qualities of foods is not universal. Another important point is that a list of balancing foods is not a blanket proscription to totally avoid the foods with tastes of sour, salty, pungent. Rather, do eat foods having these other qualities to help promote balance in the emotions and in the physiology but eat them less often and in smaller quantities. The foods to favor will provide a theme of influence but in a gentle and sustained way. Please refer to our article "Incompatible Food Combinations" for important information about what foods are toxic when eaten in the same meal. Also, refer to the article "How to Eat" for more important points about eating. Finally, refer to our article "Cooking—Some Āyurvedic Strategies" for thoughts about how to address family meal planning with different body types and imbalances.

FAVOR THESE FOODS (eat less of those items in *italics*)

- Beverages: almond milk, aloe vera juice, apple, apricot, berry, cherry, grain beverages, grape, mango, mixed vegetable, *orange*, peach, pear, pomegranate, prune, rice milk, vegetable bouillon
- Herbal Beverages: alfalfa, bancha, barley, blackberry, borage, burdock, catnip, chamomile, chicory, comfrey, dandelion, fennel, ginger—fresh, hibiscus, hops, jasmine, kukicha, lavender, lemon balm, lemon grass, licorice, marshmallow, nettle, oat straw, passion flower, peppermint, raspberry, red clover, sarsaparilla, spearmint, strawberry, violet, wintergreen yarrow
- Condiments: *black pepper*, chutney, coriander leaves, *dulse*, *hijiki*, *kombu*, *lime*, sprouts
- Dairy: butter—unsalted, cheese—soft/unsalted—cow's or goat, ghee, whole milk (avoid homogenized if possible)—cow's and goat, lassi
- Food Supplements: aloe vera juice, barley green brewer's yeast, calcium, magnesium zinc, spirulina, blue-green algae, vitamins D, E, EFA's (essential fatty acids) found in cold process oils from cod liver, evening primrose, black currant seed, flax seed, borage; whey powder as a protein supplement; note that omega 3 and 6 are probably best taken in the ratio of 1:1 to 1:2.5, which implies that while one supplements flax oil, for example, one continues to eat ghee also.
- Fruits (ripe and sweet): apples, applesauce, apricots, avocado, berries—sweet, cherries, coconut, dates, figs, grapes—red and purple, *limes*, mango, melons, oranges, *papaya*, pears, pineapple, plums, pomegranate, prunes, raisins, watermelon
- Grains: whole; amaranth, barley, cereals—dry, couscous, durham flour, granola, oat bran, oats, pasta, rice cakes, seitan (wheat meat), spelt, sprouted wheat bread (Essene), tapioca, wheat, white rice-- basmati is best, (If digestion is weak carbohydrates and proteins may be separated by a meal in the same day—e.g., rice and dal.)
- Legumes: adzuki beans, black beans, black-eyed peas, chick (garbanzo beans) peas, kidney beans, lentils—brown and red, lima beans, mung beans, mung dal, navy beans, peas—dried, pinto beans, cheese, flour, split peas, white beans

- Meats: (NOTE: As recent research points to animal meat, fat, and cholesterol as promoters of cancer, heart disease, diabetes, and obesity my recommendations not longer include these as safe suggestions; also Āyurveda makes no recommendations for these foods as habitual diet), buffalo, chicken--white, egg white, fish—fresh, rabbit, turkey--white, pheasant, venison
- Nuts: almonds without skins, charole (common to India), coconut
- Oils: ghee, olive oil—cold applications only, [sunflower*]; external use only—avocado, coconut, walnut; * only cold processed, fresh, dark bottle
- Seeds: Flax, halva, popcorn, psyllium, pumpkin, sunflower
- Spices: basil—fresh, *black pepper*, *caraway*, cardamom, cinnamon, coriander, cumin, *curry leaves*, dill, fennel, *ginger—fresh*, mint, *orange peel*, *parsley*, peppermint, saffron, spearmint, *tarragon*, turmeric, saindhava (rock salt), *vanilla*, wintergreen
- Sweeteners: barley malt, fructose, fruit juice, maple syrup, rice syrup, raw sugar or sucanat, rock crystal sugar, honey (light colored)
- Vegetables: artichoke, asparagus, beets, bitter melon, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, cilantro, cucumber, dandelion greens, fennel (anise), green beans, Jerusalem artichoke, kale, leafy greens(lettuces), leek—cooked, mushrooms, okra, olives—black, onion—cooked, parsley, parsnip, peas, peppers—red and sweet, potato (white or sweet), prickly pear leaves, pumpkin, *radishes*—cooked, rutabaga, spaghetti squash, sprouts, squash—winter and summer, taro root, *watercress*, wheat grass sprouts, zucchini

SOMETHING TO CONSIDER

Āyurveda suggests modest fasting to help maintain digestive capacity and to help burn off and release toxicity. This can be accomplished by a juice fast of fruit or vegetables taken for each meal one day per week. Review the entries above for guidance of appropriate items. Also, consider juice of romaine, celery, and carrot or pomegranate juice. Remember, breakfast is optional according to Āyurveda.

THINGS TO AVOID

- Frozen, canned, fried foods, leftovers
- All ice cold food and drink
- Milk (also yogurt) with fruits, vegetables, fish (is toxic)
- Honey cooked in anything (is toxic)
- Fruits and vegetables in the same meal
- Mushrooms, peanuts, tomatoes, garlic, eggplant (affect meditations and transcending)
- Sweet, flour desserts after a meal (before is best)
- alcohol, caffeine--in coffee, tea, chocolate, other beverages (affect meditations and transcending)
- All refined grains and sugar and foods containing them
- All food cooked in used fats/oils
- Because of significant contraindicating research ALL soy products no longer carry a recommendation.
- Refined foods—especially grains and sugar—made into flour and pastes; e.g. pasta, bread, etc.
- Artificial foods and colorings and GMO foods and meat fed with GMO feeds
- Fluoridated water for any purpose and exclusive use of RO / distilled water in cooking / drinking

Eat a variety of foods having all 6 tastes and change the variety of foods you eat