

**Fruits**

VATA		PITTA		KAPHA	
NO	YES	NO	YES	NO	YES
Generally most dried fruit	Generally most sweet fruit	Generally most sour fruit	Generally most sweet fruit	Generally most sweet and sour fruit	Generally most astringent fruit
Apples (raw)	Apples	Apples (sour)	Apples (sweet)	Avocado	Apples
Cranberries	Applesauce	Apricots (sour)	Applesauce	Bananas	Applesauce
Dates	Apricots	Bananas	Apricots (sweet)	Coconut	Apricots
Figs (dry)	Avocado	Berries	Avocado	Dates	Berries
Pears	Bananas	Cherries	Berries (sweet)	Figs (fresh)	Cherries
Persimmons	Berries	Cranberries	Cherries (sweet)	Grapefruit	Cranberries
Pomegranates	Cherries	Grapefruit	Coconut	Kiwi	Figs (dry)
Prunes (Dry)	Coconut	Grapes (green)	Dates	Mangoes	Grapes
Raisins (dry)	Dates (fresh)	Kiwi	Figs	Melons	Lemons
Watermelon	Figs (fresh)	Lemons	Grapes (red & purple)	Oranges	Limes
	Grapefruit	Mangoes	Limes	Papaya	Peaches
	Grapes	Oranges	Mangoes (ripe)	Pineapple	Pears
	Kiwi	Peaches	Melons	Plums	Persimmons
	Lemons	Persimmons	Oranges (sweet)	Rhubarb	Pomegranates
	Limes	Pineapple (sour)	Papaya	Tamarind	Prunes
	Mangoes	Plums	Pears	Watermelon	Raisins
	Melons	Rhubarb	Pineapple (sweet)		Strawberries
	Oranges	Strawberry	Plums (sweet)		
	Papaya	Tamarind	Pomegranates		
	Peaches		Prunes		
	Pineapple		Raisins		
	Plums		Watermelon		
	Prunes (soaked)				
	Raisins (cooked)				
	Rhubarb				
	Strawberries				
	Tamarind				



**Vegetables**

VATA		PITTA		KAPHA	
NO	YES	NO	YES	NO	YES
Generally frozen, raw or dried vegetables	Cooked vegetables	in general pungent vegetables	In general sweet & bitter vegetables	In general sweet & juice vegetables	In general, bitter and pungent vegetables
Artichoke	Asparagus	Beet greens	Artichoke	Cucumber	Artichoke
Beet greens	Beets	Beet (raw)	Asparagus	Olives (black or green)	Asparagus
Bitter melon	Cabbage (cooked)	Burdock root	Beets (cooked)	Parsnips	Beet greens
Broccoli	Carrots	Corn (fresh)	Bitter melon	Sweet Potatoes	Bitter melon
Brussel Sprouts	Cilantro	Daikon radish	Broccoli	Pumpkin	Broccoli
Burdock Root	Cucumber	Eggplant	Brussel sprouts	Winter Squash	Brussel sprouts
Cabbage (raw)	Daikon Radish	Garlic	Cabbage	Taro Root	Burdock root
Cauliflower (raw)	Fennel (anise)	Green Chillies	Carrots (cooked or raw)	Tomatoes (raw)	Cabbage
Celery	Garlic	Horseradish	Cauliflower	Zucchini	Carrots
Corn	Green Beans	Kohlrabi	Celery		Cauliflower
Dandelion greens	Green Chillies	Leeks (raw)	Cilantro		Celery
Eggplant	Jerusalem artichoke	Mustard Greens	Cucumber		Cilantro
Horseradish	Leafy greens	Olives, green	Dandelion Greens		Corn
Kale	Leeks	Peppers (hot)	Fennel (anise)		Daikon Radish
Kohlrabi	Lettuce	Prickly pear (fruit)	Green Beans		Dandelion Greens
Mushrooms	Mustard Greens	Radishes (raw)	Jerusalem Artichoke		Eggplant
Olives (green)	Okra	Spinach (cooked)	Kale		Fennel (Anise)
Onions (raw)	Olives (black)	Tomatoes	Leafy greens		Garlic
Peas (raw)	Onions (cooked)	Turnip greens	Leeks (cooked)		Green Beans
Peppers (sweet & hot)	Parsley	Turnips	Lettuce		Green Chillies
White potatoes	Parsnip		Mushrooms		Horseradish
Prickly pear	Peas (cooked)		Okra		Jerusalem Artichoke
Radish	Potatoes, sweet		Olives (black)		Kale
Tomatoes (cooked)	Pumpkin		Onions (cooked)		Kohlrabi
Tomatoes (raw)	Radishes (cooked)		Parsley		Leafy greens
Turnips	Rutabaga		Parsnips		Leeks
Wheatgrass sprouts	SpaghettiSquash		Peas		Lettuce
	Spinach (cooked)		Peppers (sweet)		Mushrooms
	Spinach (raw)		Potatoes (sweet)and white		Mustard greens
	Sprouts		Prickly pear (leaves)		Okra
	Squash (winter & summer)		Pumpkin		Onion
	Taro root		Radishes (cooked)		Parsley
	Turnip greens		Rutabaga		Peppers (sweet & hot)
	Watercress		Spaghetti Squash		White potatoes
	Zucchini		Sprouts (not spicy)		Prickly pear (Leaves & fruit)
			Winter squash		Radishes
			Summer Squash		Rutabaga
			Taro root		Spaghetti squash
			Watercress		Spinach
			Wheatgrass sprouts		Sprouts
			Zucchini		Squash (summer)
					Tomatoes (cooked)
					Turnip Greens
					Turnips

**Grains**

VATA		PITTA		KAPHA	
NO	YES	NO	YES	NO	YES
Barley	Amaranth	Bread (with yeast)	Amaranth	Bread (with yeast)	Amaranth
Bread (with yeast)	Durham Flour	Buckwheat	Barley	Oats (cooked)	Barley
Buckwheat	Oats (cooked)	Corn	Cereal (dry)	Pancakes	Buckwheat
Cereals (cold, dry or puffed)	Pancakes	Millet	Couscous	Pasta	Cereal (cold, dry or puffed)
Corn	Quinoa	Muesli	Durham flour	Rice (brown, white)	Corn
couscous	Rice	Oats (dry)	Granola	Rice cakes	Couscous
crackers	Seitan	Polenta	Oat Bran	Wheat	Crackers
granola	Sprouted Wheat	Quinoa	Pancakes		Durham flour
Millet	Bread (Essene)	Rice (brown)	Pasta		Granola
Muesli	Wheat	Rye	Rice (basmati, wild, white)		Millet
Oat Bran			Rice cakes		Muesli
Oats (dry)			Sago		Oat bran
Polenta			Seitan (wheat meat)		Oats (dry)
Pasta			Spelt		Polenta
Rice cakes			Sprouted Wheat bread (Essene)		Quinoa
Rye			Tapioca		Rice (basmati, wld)
Sago			Wheat		Rye
Spelt			Wheat bran		Sago
Tapioca					Seitan (wheat meat)
Wheat Bran					Sprouted wheat (Essene)
					Tapioca
					Wheat Bran

**Legumes**

VATA		PITTA		KAPHA	
NO	YES	NO	YES	NO	YES
Adzuki beans	Lentils (red)	Miso	Adzuki beans	Kidney beans	Adzuki beans
Black beans	Mung beans	Soy sauce	Black beans	Soybeans	Black beans
Black eyed peas	mung dal	soy sausages	Black eyed peas	Soy cheese	Black eyed peas
Chickpeas	Soy cheese	Tur dal	Chickpeas	Soy flour	Chick peas
kidney beans	soy milk	Urad Dal	Kidney beans	Soy powder	Lentils (red & brown)
Lentils (brown)	soy sauce		Lentils, brown & red	Soy sauce	Lima beans
Lima beans	soy sausages		Lima beans	Tofu (cold)	Mung beans
Miso	tofu		Mung beans	Urad dal	Navy beans
Navy beans	tur dal		Mung dal	Miso	Peas (dried)
Peas	urad dal		Navy beans		Pinto beans
Pinto Beans			Peas (dried)		Soy milk
Soybeans			Pinto beans		Soy sausages
Soy flour			Soybeans		Split peas
Soy powder			Soy cheese		Tempeh
Split peas			Soy flour		Tofu (hot)
tempeh			Soy milk		Tur dal
White beans			Soy powder		White beans
			Split peas		
			Tempeh		
			Tofu		
			White beans		



**Dairy**

VATA		PITTA		KAPHA	
NO	YES	NO	YES	NO	YES
Cow's milk (powdered)	Most dairy	Butter (salted)	Butter (unsalted)	Butter (salted or unsalted)	Buttermilk
Goats milk (powdered)	butter	Buttermilk	Cheese (soft, not aged, unsalted)	Cheese (soft/ hard)	Cottage cheese (from skimmed goat milk)
Yoghurt (plain, frozen or with fruit)	buttermilk	cheese (hard)	Cottage cheese	Cow's milk	Ghee
	cheese	Sour cream	Cow's milk	Sour cream	Goat cheese (unsalted and not aged)
	cottage cheese	Yoghurt (plain, frozen or with fruit)	Ghee	Yoghurt (plain, frozen or w/fruit)	Goat milk, skim
	cows milk		Goat's milk		Yoghurt (diluted)
	ghee		Goat's cheese (soft, unsalted)		
	goats cheese		Ice cream		
	goat milk		Yoghurt (freshly made, diluted)		
	ice cream				
	sour cream				
	yoghurt (diluted and spiced)				



# Dosha Food Balancing Chart

**Animal  
Foods**

VATA		PITTA		KAPHA	
NO	YES	NO	YES	NO	YES
lamb	beef	Beef	Buffalo	Beef	Chicken (white)
pork	buffalo	Chicken (dark)	Chicken (white)	Buffalo	Eggs
rabbit	chicken	Duck	Eggs (albume or whites ony)	Chicken (dark)	Fish (freshwater)
venison	duck	Eggs (yolk)	Fish (freshwater)	Duck	Rabbit
turkey (white)	eggs	Fish (saltwater)	Rabbit	Fish (saltwater)	Shrimp
	fish	Lamb	Shrimp	Lamb	Turkey (white)
	Salmon	Pork	Turkey (white)	Pork	Venison
	Sardines	Salmon	Venison	Salmon	
	Seafood	Sardines		Sardines	
	shrimp	Seafood		Seafood	
	tuna	Tuna Fish		Tuna	
	turkey (dark)	Turkey (dark)		Turkey (dark)	



# Dosha Food Balancing Chart

**Condiments**

VATA		PITTA		KAPHA	
NO	YES	NO	YES	NO	YES
	Black pepper	Chili peppers	Black pepper	Chocolate	Black pepper
Horseradish	Chutney, mango (sweet or spicy)	Chocolate	Chutney, mango (sweet)	Mango chutney (sweet)	Chili peppers
	Chili peppers	Chutney, mango (spicy)	Coriander leaves	Gomasio	Chutney Mango (spicy)
	coriander leaves	Gomasio	Dulse	Kelp	Coriander leaves
	Dulse	Horseradish	Hijiki	Ketchup	Dulse
	Gomasio	Kelp	Kombu	Lime	Hijiki
	Hijiki	Ketchup	Lime	Lime pickle	Horseradish
	Kelp	Mustard	Sprouts	Mango Pickle	Lemon
	Ketchup	Lemon	Tamari	Mayonnaise	Mustard (without vinegar)
	Kombu	Lime Pickle		Pickles	Scallions
	Lemon	Mango Pickle		Salt	Seaweed
	Lime	Mayonnaise		Soy sauce	Sprouts
	Lime Pickle	Pickles		Tamari	
	Mango Pickle	Salt (in excess)		Vinegar	
	Mayonnaise	Scallions			
	Mustard	Seaweed			
	Pickles	Soy sauce			
	Salt	Vinegar			
	Scallions				
	Seaweed				
	Soy Sauce				
	Sprouts				
	Tamari				
	Vinegar				

		VATA		PITTA		KAPHA	
		NO	YES	NO	YES	NO	YES
<b><u>Nuts</u></b>	None		In moderation	Almonds (with skin)	Almonds (soaked & peeled)	Almonds (soaked & peeled)	Charole
			Almonds	Black walnuts	Charole	Black Walnuts	
			Black Walnuts	Cashews	Coconut	Brazil nuts	
			Brazil nuts	Filberts		Cashews	
			Cashews	Macadamia		Coconuts	
			Charole	Hazelnuts		Filberts	
			Coconuts	Peanuts		Hazelnuts	
			Filberts	Pecans		Macadamia nuts	
			Hazelnuts	Pine nuts		Peanuts	
			Macadamia	Pistachios		Pecans	
			Peanuts	Walnuts		Pine nuts	
			Pecans			Pistachios	
			Pine nuts			Walnuts	
			Pistachios				
		Walnuts					
<b><u>Seeds</u></b>	popcorn		Chia	Chia	Flax	Halva	Chia
	Psyllium		Flax	Sesame	Halva	Psyllium	Flax
			Halva	Tahini	Popcorn (no salt or butter)	Sesame	Popcorn (no salt, no butter)
			Pumpkin		Psyllium	Tahini	Pumpkin
			Sesame		Pumpkin		Sunflower
			Sunflower		Sunflower		
			Tahini				



**Oils**

VATA		PITTA		KAPHA	
NO	YES	NO	YES	NO	YES
Flaxseed	For internal and external use	Almond	For internal & External use	Avocado	For internal & External use in small amounts
	Sesame	Apricot	Sunflower	Apricot	Corn
	Ghee	Corn	Ghee	Coconut	Canola
	Olive	Safflower	Canola	Flaxseed	Sesame (external)
	Most other oils	Sesame	Olive	Olive	Sunflower
			Soy	Primrose	Ghee
	External use only		Flaxseed	Safflower	Almond
	Coconut		Primrose	Sesame (internal)	
	Avocado		Walnut	Soy	
				Walnut	
			External use only		
			Avocado		
			Coconut		

**Beverages**

VATA		PITTA		KAPHA	
NO	YES	NO	YES	NO	YES
Apple juice	Alcohol (beer or wine)	Alcohol (hard or wine)	Alcohol, beer	Alcohol (beer, hard, sweet wine)	Alcohol (dry wine, red or white)
Black tea	Almond milk	Apple cider	Almond milk	Almond milk	Aloe vera juice
caffeinated drinks	Aloe Vera juice	Berry juice (sour)	Aloe Vera juice	Caffeinated drinks	Apple cider
carbonated drinks	Apple cider	Caffeinated drinks	Apple juice	Carbonated drinks	Apple juice
chocolate milk	Apricot juice	Carbonated drinks	Apricot juice	Cherry juice (sour)	Apricot juice
coffee	Berry juice (except cranberry)	Carrot juice	Berry juice	Chocolate milk	Berry juice
cold dairy drinks	Carob juice	Cherry juice (sour)	Black tea	coffee	Black tea (spiced)
cranberry juice	Carrot juice	Chocolate milk	Carob	Cold Dairy	Carob
iced tea	Chai (hot spiced tea)	Coffee	Chai (hot spiced milk)	Grapefruit juice	Carrot juice
icy cold drinks	Cherry juice	Cranberry juice	Cherry juice (sweet)	Iced tea	Chai (hot spiced milk)
mixed veg juice	Grain coffee	Grapefruit juice	Cool dairy drinks	Icy cold drinks	Cherry juice
pear juice	Grape Juice	Iced tea	Grain coffee	Lemonade	Cranberry juice
pomegranate juice	Grapefruit juice	Icy cold drinks	Grape juice	Miso Broth	Grain coffee
prune juice	Lemonade	Lemonade	Mango juice	Orange juice	Grape juice
soy milk (cold)	Mango juice	Papaya juice	Miso broth	Papaya juice	Mango juice
tomato juice	Miso broth	Pineapple juice	Mixed vegetable juice	Rice milk	Peach nectar
V-8 juice	Orange juice	Sour juices	Orange juice	Sour juices	Pear juice
vegetable boullion	Papaya Juice	Tomato juice	Peach juice	Soy milk (cold)	Pineapple juice
	Peach nectar	V-8 juice	Pear juice	Tomato juice	Pomegranate juice
	pineapple juice		Pomegranate juice	V-8 Juice	Prune juice
	Rice milk		Prune juice		Soy milk (hot and spiced)
	Sour juices		Rice milk		
	Soy milk (hot and spiced)		Soy milk		
			Vegetable boullian		

**Herb Teas**

VATA		PITTA		KAPHA	
NO	YES	NO	YES	NO	YES
Alfalfa	Ajwain	Ajwain	Alfalfa	Marshmallow	Alfalfa
Barley	Bancha	Basil	Bancha	Red Zonger	Bancha
Basil	Catnip	Cinnamon	Barley	Rosehip	Barley
Blackberry	Chamomile	Clove	Blackberry		Blackberry
Borage	Chicory	Eucalyptus	Borage		Burdock
Burdock	Chrysanthemum	Fenugreek	Burdock		Chamomile
Cinnamon	Clove	Ginger (dry)	Catnip		Chicory
Cornsilk	Comfrey	Ginseng	Chamomile		Cinnamon
Dandelion	Elder Flower	Hawthorn	Chicory		Clove
Ginseng	Eucalyptus	Hyssop	Comfrey		Comfrey
Hibiscus	Fennel	Juniper Berry	Dandelion		Dandelion
Hops	Fenugreek	Mormon tea	Fennel		Fenugreek
Jasmine	Ginger	Pennyroyal	Ginger (fresh)		Ginger
Lemon balm	Hawthorn	Red Zinger	Hibiscus		Ginseng
Mormon tea	Juniper berry	Rosehip	Hops		Hibiscus
Nettle	Kukicha	Sage	Jasmine		Hyssop
Passion flower	Lavender	Sassafras	Kukicha		Jasmine
Red Clover	Lemongrass	Yerba Mate	Lavender		Juniper Berry
Red Zinger	Licorice		Lemon Balm		Kukicha
Violet	Marshmallow		Lemongrass		Lavender
Yarrow	Oat straw		Licorice		Licorice
Yerba Mate	Orange peel		Marshmallow		Lemon balm
	Pennyroyal		Nettle		Lemongrass
	Peppermint		Oat straw		Mormon tea
	Raspberry		Passion flower		Nettle
	Rosehips		Peppermint		Passion flower
	Saffron		Raspberry		Peppermint
	Sage		Red Clover		Raspberry
	Sarsaparilla		Sarsaparilla		Red Clover
	Sassafras		Spearmint		Sarsaparilla
	Spearmint		Strawberry		Spearmint
	Strawberry		Violet		Strawberry
	Wintergreen		Wintergreen		Wintergreen
			Yarrow		Yarrow
					Yerba Mate



# Dosha Food Balancing Chart

**Spices**

VATA		PITTA		KAPHA	
NO	YES	NO	YES	NO	YES
Caraway	All other spices are good	Ajwain	Basil (fresh)	Salt	All spices are good
	Ajwain	Allspice	Black pepper		Ajwain
	Allspice	Almond extract	Caraway		Allspice
	Almond extract	Anise	Cardamom		Almond extract
	Anise	Asafoetida (hing)	Cinnamon		Anise
	Asafoetida (hing)	Basil (dry)	Coriander		Asafoetida (hing)
	Basil	Bay leaf	Cumin		Basil
	Bay leaf	Cayenne	Curry leaves		Bay leaf
	Black pepper	Cloves	Dill		Black pepper
	Cardamom	Fenugreek	Fennel		Cardamom
	Cayenne	Garlic	Ginger (fresh)		Cayenne
	Cinnamon	Ginger (dry)	Mint		Cinnamon
	Cloves	Mace	Neem leaves		Cloves
	Coriander		Orange Peel		Coriander
	Cumin				Cumin
	Curry leaves				Curry leaves
	Dill				Dill
	Fennel				Fennel
	Fenugreek				Fenugreek
	Garlic				Garlic
	Ginger				Ginger
	Mace				Mace
	Marjoram				Marjoram
	Mint				Mint
	Mustard Seeds				Mustard seeds
	Nutmeg				Nutmeg
	Orange peel				Orange Peel
	Oregano				Oregano
	Paprika				Paprika
	Parsley				Parsley
	Peppermint				Peppermint
	Pippali				Pippali
	Poppy seeds				Poppy seeds
	Rosemary				Rosemary
	Saffron				Saffron
	Salt				Salt
	Savory				Savory
	Spearmint				Spearmint
	Star Anise				Star anise
	Tarragon				Tarragon
	Thyme				Thyme
	Turmeric				Turmeric
	Vanilla				Vanilla
	Wintergreen				Wintergreen



**Sweeteners**

VATA		PITTA		KAPHA	
NO	YES	NO	YES	NO	YES
Maple syrup	Barley malt	Honey (raw, not processed)	Barley malt	Barley Malt	Fruit juice concentrates
White sugar	Fructose	White sugar	Fructose	Fructose	Honey (raw, unprocessed)
	Fruit juice concentrates	Jaggery	Fruit juice concentrates	Jaggery	
	Honey (unprocessed)	Molasses	Maple syrup	Maple syrup	
	Jaggery		Rice syrup	Molasses	
	Mollasses		Sucanat	Rice syrup	
	Rice syrup		Turbinado	Sucanat	
	Sucanat			Turbinado	
	Turbinado			White sugar	

**Food  
 Supplements**

VATA		PITTA		KAPHA	
NO	YES	NO	YES	NO	YES
Barley green	Aloe Vera juicie	Amino acids	Aloe Vera juicie	Minerals: Potassium	Aloe Vera juice
Brewer's yeast	Bee pollen	Bee pollen	Barley green		Amino acids
	Amino acids	Royal jelly	brewers yeast		Barley greens
	minerals: calcium, copper, iron, magnesium, zinc	Minerals: Copper, iron	Minerals: Calcium magnesium, zinc		Bee pollen
	royal jelly	Vitamins: A, B complex, B12 & C	Spirulina		Brewers yeast
	Spirulina		Blue green algae		Minerals: Copper, calcium, iron, magnesium, zinc
	Blue green algae		Vitamins D & E		Royal jelly
	Vitamins A, B complex, B12, C, D & E				Spirulina
					Blue green algae
					Vitamins A, B complex, B12, C, D & E

VATA		PITTA		KAPHA	
NO	YES	NO	YES	NO	YES

TASTE	VATA	PITTA	KAPHA
SWEET	decreases	decreases	increases
SOUR	decreases	increases	increases
SALTY	decreases	increases	increases
PUNGENT	increases	increases	decreases
BITTER	increases	decreases	decreases
ASTRINGENT	increases	decreases	decreases