

Balancing Kapha Dosha Diet:

Ayurvedic texts recommend the principle of opposites for reducing the level of a dosha that has become aggravated. Since the characteristics of Kapha include heaviness, unctuousness, qualities that are opposite to these in diet and lifestyle help restore balance to Kapha dosha.

Dietary recommendations:

The following guidelines are to be utilized as a general indication of a proper diet according to your specific doshic balance. These guidelines may be adjusted to suit your individual needs as determined during your initial consultation. Other factors are seasonal, food allergies, and specific doshic imbalances that must be corrected by diet.

Include a few dry foods in your daily diet to balance the oily nature of Kapha, foods that are nourishing but light to counter the heaviness of Kapha and warm foods with a zing to them to balance the sweet, cold quality of Kapha. So what exactly does this mean in terms of foods you should stay away from? Here are some specific dietary tips:

- 1) If you need to balance Kapha, choose oils such as corn and canola in very small quantities, (maximum of 3 tablespoons/day), as your cooking medium. Ghee, according to the ancient Ayurvedic texts, is cooling for both the mind and body. Ghee is also good in very small quantities, (1/4 teaspoon/dish). Steaming foods and then adding a mixture of spices sauteed in very little ghee, (1/4 teaspoon), is best. In general, avoid too many oily foods.
- 2) Light, warming foods help balance Kapha. Clear vegetable soups with beans and diced vegetables, stews made with Kapha-balancing vegetables, bean casseroles, dhal soups and light grain/vegetable combinations are ideal for balancing kapha, especially when combined with Kapha-balancing spices. Stay away from too much salt and instead infuse dishes with fresh herbs and spices for flavor.
- 3) The three ayurvedic tastes that help balance Kapha are pungent, bitter and astringent, so include more of these tastes in your daily diet. Apples, garbonzo beans cooked with Kapha-balancing spices or steamed broccoli or cauliflower with a light olive oil and spice mixture make healthy Kapha-pacifying snacks. Eat less of the salty, sweet and sour tastes.
- 4) Dry cereal, salt-free crackers, and rice cakes balance the liquid nature of Kapha dosha, and make good snacks. However, eat snacks in moderation, if you are trying to balance Kapha, and avoid sugary snacks. Honey in small quantities is the recommended sweetener.
- 5) Carrots, asparagus, okra, bitter leafy greens, cruciferous vegetables such as broccoli, cauliflower, and brussels sprouts, daikon radish and bitter melon are good vegetable choices. They become more digestible when chopped and cooked with Kapha-pacifying spices. Vegetables can be combined with lighter grains or mung beans for satisfying one-dish meals. Avoid nightshades, (such as tomato, white potato, eggplant and bell pepper). Fresh green chili peppers and fresh ginger root add flavor while balancing Kapha.
- 6) Choose lighter whole grains, and eat grains in moderation. Barley, buckwheat, millet and couscous are good choices. If you choose heavier grains, such as rice or wheat, eat very small quantities.

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7) Zesty warming spices are wonderful for balancing Kapha. Ayurvedic spices such as tumeric, cumin, coriander, cayenne, black pepper, dried ginger, asafetida (hing), cloves and fenugreek offer flavor, aroma and healing wisdom.

8) Drink sweet lassi (home made yoghurt drink: blend 1 part yoghurt to 2 parts cool water, and sweeten with maple syrup or raw sugar), with lunch to help enhance digestion and cool, not ice-cold water to quench thirst, and plenty of warm water through the day to help flush toxins from the body.

Food Guidelines For Balancing Kapha Dosha:

Foods to Favor	Foods to have in Moderation	Foods to Avoid
Grains (Cooked Until Tender)		
Barley	Rice Cakes	Semolina
Buckwheat	Durham Flour (Indian Wheat Flour, use in small quantities- 1/2 cup)	Bread with Yeast
Couscous	Pasta (very small quantities-1/3 cup)	Oats (cooked)
Granola	Sorghum	Pancakes
Millet	Tapioca	Rice (White)
Muesli		Wheat
Oat Bran		Corn (in small quantities, 1/3 cup)
Oats (dry)		Polenta
Quinoa		
Rye		
Seitan		
Spelt		
Sprouted Wheat Bread		
Wheat Bran		
Crackers		
Cereal (dry or puffed)		
Arrowroot		

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Foods to Favor	Foods to have in Moderation	Foods to Avoid
Amaranth (small quantities, 1/3 cup cooked)		
Rice (Basmati in small quantities, 1/3 cup cooked)		
Vegetables (Lightly Cooked)		
Leafy Greens	Parsnips	Corn
Leeks	Beets	Cucumber
Artichoke	Mushrooms	Pickles
Asparagus	Tomatoes (cooked)	Summer Squash
Beet Greens		Potatoes (Sweet and White)
Bitter Melon or Gourd (Indian Vegetable)		Pumpkin
Broccoli		Tomatoes (raw)
Bamboo Shoots		Zucchini
Bean Sprouts		Yams
Brussels Sprouts		
Burdock Root		
Cabbage		
Carrots (in small quantities)		
Cauliflower		
Celery		
Cilantro		
Daikon Radish		
Chili Peppers		
Collards		
Dandelion Greens		
Fennel		

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Foods to Favor	Foods to have in Moderation	Foods to Avoid
Garlic		
Green Beans		
Anise		
Fennel		
Horseradish		
Kale		
Kohlrabi		
Mustard Greens		
Lettuce (all varieties)		
Okra (small quantities)		
Onion		
Parsley		
Lima Beans		
Green Peas		
Radishes		
Prickly Pear (fruit & leaves)		
Rutabaga		
Spinach		
Sprouts		
Winter Squash		
Shallot		
Turnip		
Watercress		
Wheat Grass		
Fruits		
Apples	Cantaloupe	Figs (fresh)
Apple Sauce	Peach	Avocado

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Foods to Favor	Foods to have in Moderation	Foods to Avoid
Apricot	Grapefruit	Bananas (well ripe and sweet)
Berries	Grapes (small quantities)	Coconut
Bananas (ripe, but not fully ripe in small quantities, 1/2 banana)	Mangoes (small quantities)	Dates
Cherries	Guava	Melons
Figs (dry)	Loquats	Rhubarb
Cranberries	Nectarine	Tamarind
Kiwi	Oranges	Watermelon
Pear	Lychees	Honeydew Melon
Lemons	Passion Fruit	
Persimmons	Pineapple	
Pomegranate	Plumb	
Prunes	Papaya	
Strawberries (small quantities)		
Lentils & Legumes (well cooked)		
*All Lentils & Legumes serving size should not exceed 1/2 cup after cooking)		
Aduke Beans	Tofu (hard & well spiced)	Kidney Beans
Black Beans		Soy Beans
Black-eyed Peas		Soy Cheese
Chickpeas (Gorbonzo Beans)		Soy Flower
Lentils (red & brown)		Soy Powder
Mung Beans (whole, green)		Soy Sauce
Navy Beans		Tofu (cold)
Mung Dhal		Urad Dhal
Green Peas (dried)		Miso

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Foods to Favor	Foods to have in Moderation	Foods to Avoid
Pinto Beans		
Split Peas		
Temphe		
Tur Dhal		
White Beans		
Jack Beans		
Dairy		
Cottage Cheese (skim)	Unsalted Butter	Butter (salted)
Goat Cheese (unsalted, not aged- in small quantities)	Ghee	Cheese (soft)
	Yogurt (diluted with 2 parts water)	Cow's milk
	Goat Milk	Sour Cream
	Cheese (hard, in very small quantities)	Ice Cream
	Fresh Paneer (Indian Cheese)	Yogurt (plain, frozen or with fruit)
Meat/ Animal Products		
Chicken (white meat)	Shellfish	Egg Yolk
Fish (fresh water)	Lamb	Beef
Shrimp	Tuna Fish	Buffalo
Turkey (white meat)	Swordfish	Fish (sea water)
Venison	Red Snapper	Pork
Duck	Egg Whites	Salmon
	Rabbit	Sardines
		Sea Food
		Turkey (dark meat)
		Chicken (dark meat)

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Foods to Favor	Foods to have in Moderation	Foods to Avoid
Condiments		
Black Pepper	Hijiki	Chocolate
Chili Pepper	Seaweed	Chutney (Mango, sweet)
Coriander (Cilantro)	Ketchup (very small quantities)	Gomasio
Chutney (Mango, spicy)	Lemon	Kelp
Garlic	Parmesan Cheese (in small quantities)	Lime
Ghee (very small quantities)		Mango Pickle
Ginger (dry)		Mayonnaise
Horseradish		Soy Sauce
Mustard (without vinegar)		Salt
Onions		Tamarind
Radishes		Tamari Sauce
Sprouts		Vinegar
Scallions		Coconut
Peppermint		
Nuts		
	Almonds (soaked & peeled)	Walnuts
	Pine Nuts (in small quantities)	Brazil Nut
	Pistachio Nuts (in small quantities)	Cashews
		Coconut
		Hazelnuts
		Macadamia Nuts
		Peanuts
		Pecans
Seeds		

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Foods to Favor	Foods to have in Moderation	Foods to Avoid
Flax (in small quantities)	Sesame	Tahini
Popcorn (in small quantities, 1/2 cup. No salt or butter)	Alfalfa Seeds	
Pumpkin (in small quantities)		
Sunflower (in small quantities)		
Chia Seeds		
Poppy Seeds		
Oils (Use any of these in small amounts, just 2-3 tablespoons combined daily)		
	Corn Oil	Butter
	Canola Oil	Coconut Oil
	Almond Oil	Apricot Oil
	Sunflower Oil	Soy Oil
	Ghee	Sesame Oil (Internal use)
	Extra Virgin Olive Oil	Peanut Oil
	Sesame (External use)	Walnut Oil
	Flax Seed Oil	
Beverages		
Aloe Vera Juice	Chai (Hot Spiced Milk)	Caffeinated Beverages
Apple Cider	Pineapple Juice	Carbonated Drinks
Apricot Juice	Alcohol (Dry Wine, Red or White)	Chocolate Milk
Berry Juice		Cherry Juice (Sour)
Pomegranate Juice		Coffee
Soy Milk, (Hot & well- spiced)		Cold Dairy Drinks
Black Tea (Spiced)		Grapefruit Juice
Carob		Iced Tea

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Foods to Favor	Foods to have in Moderation	Foods to Avoid
Cherry Juice (Sweet)		Lemonade
Cranberry Juice		Banana Shakes and Smoothies
Grape Juice		Orange Juice
Mango Juice		Papaya Juice
Peach Nectar		Rice Milk
Pear Juice		Sour Juices
Prune Juice		Soy Milk (Cold)
		Tomato Juice
		V8 Juice
		Alcohol (Hard, Beer, Sweet Wines)
Herbal Teas		
Alfalfa Tea	Comfrey Tea	Licorice Tea
Barley Tea	Ginseng Tea	Red Zinger Tea
Bancha Tea	Sarsaparilla Tea	Rose Hips Tea
Blackberry Tea		
Basil Tea		
Burdock Tea		
Chamomile Tea		
Cinnamon Tea		
Chickory Tea		
Clove Tea		
Dandelion Tea		
Ginger Tea		
Fenugreek Tea		
Hibiscus Tea		
Jasmine Tea		

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Foods to Favor	Foods to have in Moderation	Foods to Avoid
Juniper Berry Tea		
Kukicha Tea		
Lavendar Tea		
Lemon Balm Tea		
Lemon Grass Tea		
Lemon Ginger Tea		
Mormon Tea		
Mettle Tea		
Passionflower Tea		
Peppermint Tea		
Raspberry Tea		
Red Clover Tea		
Spearmint Tea		
Strawberry Tea		
Yerba Mate Tea		
Yarrow Tea		
Wintergreen Tea		
Spices		
Black Pepper	Vanilla	Salt
Chili Pepper	Hijiki	
Coriander/Cilantro	Fennel	
Anise		
Asafoetida (Hing-Indian Spice)		
Basil		
Bay Leaf		
Caraway		
Cardamom		

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Foods to Favor	Foods to have in Moderation	Foods to Avoid
Cayenne		
Ginger (dry)		
Cloves		
Cumin		
Dill		
Fenugreek		
Garlic		
Marjoram		
Mint		
Mustard Seeds		
Nutmeg		
Orange Peel		
Oregano		
Paprika		
Parsley		
Poppy Seeds		
Rosemary		
Saffron		
Savory		
Spearmint		
Star Anise		
Tarragon		
Thyme		
Tumeric		
Wintergreen		
Sweeteners		

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Foods to Favor	Foods to have in Moderation	Foods to Avoid
Honey (raw, unprocessed)	Fruit Juice Concentrate (Apple or Pear)	Fructose
Stevia		Corn Syrup
		Jaggery
		Maple Syrup
		Barley Malt
		Mollasses
		White Sugar
		Turbinado
		Dried or Fesh Sugar Cane Juice
		Rice Syrup
Food Supplements		
Aloe Vera Juice		
Barley Green		
Bee Pollen		
Brewer's Yeast		
Blue Green Algae		
Royal Jelly		
Spirulina		