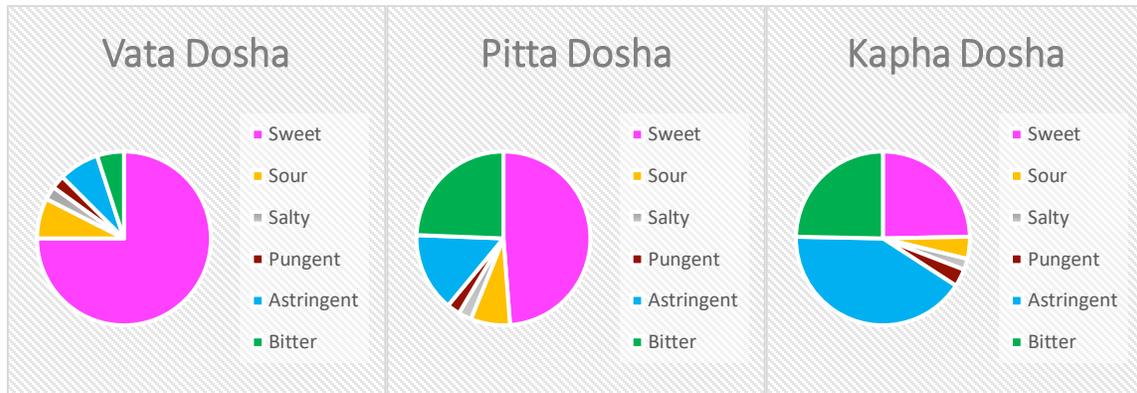


## Nutritionist Maria's Guidelines for Dosha Balancing Foods

This guide provides estimates to help find a balanced diet for each dosha. If you are a dual dosha or tri dosha, you'll have to find balance between the guidelines. Always consider the season; the general climate of your current lifestyle; and of course, the feedback your body is expressing in that time and space. This is just a general guideline, please listen to your own body! If it's real food and it tastes good you probably need it. Practising balance is the goal - perfection is not!



### *The Six Tastes*

To sustain holistic health, no taste should be eliminated completely. Instead, each individual should find a balanced meal plan for their own unique constitution.

<b>Sweet</b> <i>Earth &amp; Water</i>	<b>Sour</b> <i>Fire &amp; Earth</i>	<b>Salty</b> <i>Fire &amp; Water</i>	<b>Pungent</b> <i>Fire &amp; Air</i>	<b>Astringent</b> <i>Earth &amp; Air</i>	<b>Bitter</b> <i>Air &amp; Ether</i>
Heavy, moist and cool	Heavy, moist and hot	Heavy, moist and hot	Light, dry and hot	Dry and cool	Light, dry and cool
Increases: Kapha Decreases: Pitta and Vata	Increases: Kapha and Pitta Decreases: Vata	Increases: Kapha and Pitta Decreases: Vata	Increases: Pitta and Vata Decreases: Vata	Increases: Vata Decreases: Kapha and Pitta	Increases: Vata Decreases: Kapha and Pitta
Examples: nuts, sticky grains, oils, sweeteners, meats and dairy.	Examples: Pickles, alcohol, vinegars, yoghurts, cheeses and fermented foods.	Examples: rock salt, sea salt, seaweed, sea vegetables and tamari.	Examples: Chilis, peppers, ginger, black pepper.	Examples: Most beans, pomegranates, most apples, cranberries.	Examples: Most leafy greens (excluding spinach), herbs such as milk thistle, goldenseal and turmeric.
Provides: Satisfaction, pleasure Contributes to: Desire, complacency	Provides: Discernment Contributes to: Jealousy, envy	Provides: Appetite for life Contributes to: Indulgence, greed	Provides: Excitement/Activity Contributes to: Anger, irritability, impatience	Provides: Desire for change Contributes to: Dissatisfaction, resentment, fearfulness	Provides: Introspection Contributes to: Insecurity, grief

#### *Vata Guidelines*

Reduce: cold, light, dry  
Favour: sweet, sour, salty  
Minimize: pungent, astringent, bitter

#### *Pitta Guidelines*

Reduce: hot, light, dry  
Favour: sweet, bitter, astringent  
Minimize: salty, pungent, sour

#### *Kapha Guidelines*

Reduce: cold, moist, heavy  
Favour: bitter, pungent, astringent  
Minimize: sweet, sour, salty

## Pacifying Guidelines

Please note: this depends on the season.

\*Do not completely avoid any of the wholefoods that are listed in the minimize category!

\*Salts, seaweeds and foods not mentioned - use pie chart above.

### Kapha:

Food Category	Favour	Moderate	Minimize
Grains	Amaranth, long grain brown rice, rice, buckwheat, quinoa	Corn, oats, millet	Wheat, barley, rye, short grain rice
Sweeteners	n/a	n/a	Honey. Other sweeteners not recommended
*Nuts and Seeds	Pumpkin seeds, sunflower seeds.	Almonds, nut butters, sesame seeds	Brazil nuts, cashews, macadamias, pecans, pistachios, walnuts
Oils	Flaxseed, ghee, sesame	Olive	Other oils not recommended
*Fruits	Apples, pears, cherries, cranberries, grapefruit, pomegranate, prunes, raisins	Dried fruit, lemon, lime, papaya, pineapple	Avocado, banana, berries, cantaloupe, coconut, dates, figs, grapes, mango, melons, oranges, peaches, plums, watermelon
*Vegetables	Artichoke, asparagus, green beans, bell peppers, bitter melon, broccoli, Brussel sprouts, cabbage, cauliflower, carrots, chilies, cilantro, leafy greens, leeks, parsley, peppers, potatoes, radish, spinach, sprouts	Beets, celery, garlic, mushrooms, onion, seaweed, shallots, sweet potatoes, tomato, turnips	Cucumber, eggplant, okra, squash, zucchini
Animal Products (optional. Best not to consume more than a few times a week.)	Chicken or turkey (dark meat), fish	Eggs	Beef, duck, lamb, pork, seafood, venison. Avoid all dairy.
*Spices	Any spice is good	n/a	Sea salt and other salty foods. Avoid table salt
*Legumes	Chickpeas, mung beans, red lentils, split peas	Aduki beans, black beans, fava beans, kidney beans, lima beans, pinto beans, tempeh	Black lentils

### Pitta:

Food Category	Favour	Moderate	Minimize
Grains	Barley, brown rice, white basmati rice, oats, wheat (if tolerated), quinoa	n/a	Buckwheat, corn, rice (when pitta is aggravated) dry oats, millet
Sweeteners	n/a	n/a	Honey, maple syrup. Other sweeteners not recommended
*Nuts and Seeds	Coconut, sunflower	Sesame seeds, nut butters	Almonds, brazil nuts, cashews, macadamias, pecans, pistachio, pumpkin, walnuts
Oils	Coconut, ghee, olive	Avocado	Other oils not recommended
*Fruits	Apples, avocados, berries, cantaloupe, coconut, dates, figs, grapes, limes, nectarines, prunes, raisins	Apricots, bananas, dried fruit, lemon, cherries, grapefruit, oranges, pineapple	Sour fruits, cranberries, green grapes, sour pineapple, sour orange, sour plums etc
Vegetables	Artichoke, asparagus, green beans, bell peppers, bitter melon, broccoli, Brussel sprouts, cabbage, cauliflower, carrots, cilantro, cucumber, most leafy greens, mushrooms, onions (cooked) peas, pumpkin, sprouts, squash, zucchini,	Avocado, beets, carrots, corn, garlic (cooked), mushrooms, parsley, spinach, sweet potatoes, tomatoes	Chilies, mustard greens, raw onion, raw garlic, radishes, tomato paste, watercress
Animal Products (optional. Best not to consume more than a few times a week.)	Chicken, fish, eggs, turkey	n/a	Beef, duck, lamb, pork, seafood, venison and all other red meat. Avoid dairy, especially cheese.
*Spices	Cardamom, chamomile, coriander, cumin, dill, fennel, mint, saffron, turmeric	Basil, bay leaf, black pepper, caraway, cinnamon, fenugreek, garlic (cooked) ginger (fresh), rosemary	All other spices. Avoid excessively hot.
*Legumes	Black lentils, chickpeas, mung beans, split peas	Aduki beans, kidney beans, navy beans, pinto beans, tempeh	Red and yellow lentils

### Vata:

Food Category	Favour	Moderate	Minimize
Grains	Amaranth, oats, quinoa, brown rice, white basmati rice	Barley, millet, wheat	Buckwheat, corn, dry oats (granola, polenta, rye)
Sweeteners	Dates, honey, maple syrup	n/a	Avoid other sweeteners
*Nuts and Seeds	Almonds	All other nuts and seeds	n/a
Oils	Almond, ghee, butter, sesame	Avocado, coconut, flaxseed, mustard, olive	Other oils not recommended
*Fruits	Apricots, avocado, bananas, berries cantaloupe, cherries, coconut, dates, figs, grapefruit, grapes, lemons, mangos, melons, nectarines, oranges, papaya, peaches, pineapple, plums, tangerines	Apples, pears	Avoid all dried fruits, cranberries, pomegranate, watermelon
*Vegetables	Avocado, beets, carrots, mustard greens, okra, onions (cooked), parsnips, shallots, squash, sweet potato, water chestnuts	Broccoli, cauliflower, celery, corn, cucumber, eggplant, green beans, kale, chillies, leafy greens, tomatoes, peppers, mushrooms, potatoes, radishes, seaweed, spinach, sweet peas, zucchini	Artichokes, asparagus, Brussel sprouts, cabbage, sprouts, raw vegetables, snow peas
Animal Products (optional)	Chicken or turkey (dark meat), beef, eggs, fish, lamb, pork. Seafood, venison.	Chicken or turkey (white meat), shellfish.	Dairy (if tolerated)
*Spices	Most spices are fine	cilantro	Cayenne, ginger, horseradish, mustards, parsley
*Legumes	Mung beans	Chickpea, tempeh	Most legumes

# Potential Signs and Symptoms of Derailment

Please don't be a hypochondriac with this information!

## Kapha

Physical: slow heavy digestion, dull heartburn; burping, excess mucous; thick white coat on tongue; slow, sticky, sluggish bowel movements; high body weight; difficult rising in the morning; lethargy, excessive tiredness or slow movements, emotional eating or overeating; slow heartrate; excessive coldness; slow metabolism; some cancers; passing gas has an oily, thick or full quality

Emotional (These can be either signs of derailment and/or source of derailment): overly sentimental; possessive; crying easily; depression; suppressing kapha emotions such as attachment or greed).

Mental (These can be either signs of derailment and/or source of derailment): inability to let go, attachments; fogginess; dullness; possessive; complacent; stubborn, hoarding, unwillingness to change; holding; accumulation; greed; envy.

Spiritual (These can be either signs of derailment or source of derailment: Attachment to archetype; unwillingness to listen to intuition; unwillingness to act; limiting beliefs and illusions; detachment from Spirit body; excessive preoccupation with the past; attaching any word after "I am."

Find balance through: Stimulation, lightness and brightness, warming, drying, moving and change.

## Pitta

Physical: red, inflamed skin or rash; acne;, cold sores outbreaks; inflammation in body or joints; heartburn; gastric or peptic ulcers; nausea; hypoglycaemia; loose stools; burning stools; hemorrhoids; sharp or burning abdomen pain; uncomfortable feeling of heat in the body; red inflamed or light sensitive eyes; headaches; migraines; cysts; auto-immune disorders; food intolerance or sensitivities; premature balding or greying of hair; nose bleeds; liver conditions; problems with eye sight; excessive body odor or strong smelling urine; passing gas has oily, sharp or hot quality

Emotional (These can be either signs of derailment and/or source of derailment): irritability; anger; jealousy; frustration; passion; hysteria; impatience; impulsivity; suppressing pitta emotions such as anger or hate etc.

Mental (These can be either signs of derailment and/or source of derailment): excessive vanity, control, perfectionist, ambition, power, judgement, criticism, competitiveness; impatience; intolerance; low self-worth; low self-esteem; extremely high expectations; excessive cleanliness, organisation or rigidity; needing to be right; over analyzing; studying or working too hard; excessive problem solving or decision making; hypochondria; over extending oneself; being overly busy.

Spiritual (These can be either signs of derailment or source of derailment: Attachment to archetype; black and white thinking; needing to be right; limiting beliefs and illusions; detachment from Spirit body, emotional body or physical body; excessive preoccupation with physical world; inability to flow; attaching any word after "I am."

Find balance through: cooling, surrendering, calming, accepting and moderation.

## Vata

Physical: dry or chapped skin, twitches, tinnitus, low body weight, tremors, spasms, constipation; dry or hard stools; sensitivity to loud noises, difficulty with sleeping; neurological disorders; infertility; excessive activity; twitches; inability to sit still or find stability in life; irregular growths or conditions, irregular circadian rhythm.

Emotional (These can be either signs of derailment and/or source of derailment): nervousness; anxiousness; fearfulness; scattered emotions; excessive worry; weakness, ungroundedness, emptiness, insecurity, suppressing emotions; grief/bitterness.

Mental (These can be either signs of derailment and/or source of derailment): excessive thinking; fantasizing; head in the clouds; disassociation from reality; over thinking; spaceyness; flakeyness; being overly busy; flightiness; inability to stand up for oneself, perpetual ungroundedness, emptiness, insecurity.

Spiritual (These can be either signs of derailment or source of derailment: Attachment to archetype; inability to harness energy; limiting beliefs and illusions; detachment from Spirit, mental, emotional or physical body; inability to be still; attaching any word after "I am."

Find balance through: Routine, warmth, serenity, moistening, nourishment, grounding and trust.

**I trust. I feel. I act. I love. I express. I see. I know.  
I am. I see. I choose. I connect. I believe. I create. I contribute.**

\*Disclaimer: Not intended as therapeutic advice. For the sole purpose of learning the concepts of Ayurveda.

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