

FOOD TYPES	VATA TYPES		PITTA TYPES		KAPHA TYPES	
	YES FOODS	NO FOODS	YES FOODS	NO FOODS	YES FOODS	NO FOODS
Vegetables	Cooked Vegies, Asparagus, Broccoli, Beans, Carrots, Cucumber, Garlic, Green Beans, Leeks, Onions(cooked), Potatoes(sweet), Peas, Radish, Pumpkin, Zucchini	Raw, Frozen, Dried Vegies, Broccoli, Brussel Sprouts, Cabbage(r), Cauliflower, Celery Eggplant, Lettuce, Mushrooms, Onions(r), Parsley, Peas(r), Peppers, Potatoes(w), Spinach, Sprouts, Tomatoes, Turnips	Sweet & Bitter Vegies like: Artichokes, Asparagus, Beets, Broccoli, Leafy Greens, Lettuce, Mushrooms, Onions(co), Potatoes, Pumpkin, Sprouts, Zucchini	Pungent Vegies, Beets, Carrots, Eggplant, Garlic, Green Chillies, Horseradish, Olives(g), Onions(raw), Peppers(hot), Radishes, Spinach, Tomatoes, Turnips	Pungent & Bitter Vegies like: Artichokes, Asparagus, Beets, Broccoli, Cabbage, Carrots, Corn, Eggplant, Garlic, Green Beans, Kohlrabi, Leeks, Mushrooms, Onions, Potatoes(w), Radishes, Spinach, Turnip	Most Sweet & Bitter Vegies like: Cucumber, Olives, Sweet Potatoes, Pumpkin, Squash, Tomatoes, Zucchini
Fruits	Apricots, Avocado, Banana, Berries, Cherries, Coconut, Figs(fresh), Grapefruit, Grapes, Lemon, Mango, Melon(sweet), Oranges, Papaya, Peaches, Pineapple, Plum, Prunes	Figs(dry), Pears, Raisins(dry), Prunes(dry), Watermelon, Most Dried Fruit, Apples, Cranberries, Dates(dry)	Most Sweet Fruits like: Apples, Avocado, Apricots, Berries, Cherries, Coconut, Grapes, Mango, Oranges, Pears, Plums, Prunes, Raisins, Watermelon	Most Sour Fruits like: Apricots, Berries, Banana, Cherries, Cranberries, Grapefruit, Green Grapes, Kiwi, Lemons, Oranges(s), Peaches, Pineapple(s), Plums(s), Rhubarb	Astringent Fruits like: Apples, Apricots, Berries, Cherries, Cranberries, Figs(dry), Peaches, Pears, Prunes, Raisins	Most Sweet & Sour Fruits like: Avocado, Banana, Coconut, Figs(f), Grapefruit, Kiwifruit, Melons, Oranges, Papaya, Pineapple, Plums, Rhubarb, Watermelon
Grains	Oats (cooked), Rice, Wheat	Barley, Corn, Millet, Oats (dry), Rye	Barley, Oats (c), Rice, Wheat	Corn, Millet, Oats (d), Rice (b)	Barley, Corn, Millet, Oats, Rye	Oats (cooked), Rice
Nuts	All nuts in moderation	None	Coconut	No Nuts	No Nuts	No Nuts
Legumes	Lentils (red & black), Mung Beans, Tofu	No legumes except YES Foods	All legeumes except Lentils	Lentils, Miso, Soy Sauce, Soy Sausages	Most Legumes are good	Kidney, Mung, Soy Beans, Lentils (black)
Oils	All Oils are O.K.	All Oils are O.K.	Coconut, Olive, Sunflower, Soy	Almond, Corn, Safflower, Sesame	Almond, Corn, Sunflower	Most are O.K.
Condiments	All Spices are O.K.	Chocolate, Horseradish, Chilli Peppers	Coriander, Cinamon, Cardomom, Fennel	No Spices (other than listed)	All Spices are good, Chutney, Sprouts	Chocolate, Mayonnaise, Salt, Vinegar
Sweeteners	All except White Sugar	White Sugar	Most Sweeteners	Molasses, Honey	Raw Honey	Most are O.K.
Dairy Foods	Buttermilk and all other dairy in moderation	Cheese (hard), Milk (powdered)	Buttermilk, Butter (unsalted), Cheese (soft), Milk, Ghee	Butter, Cheese, Sour Cream	Buttermilk, Ghee, Goat's Cheese, Goat's Milk	Most are O.K.
Animal Foods	Beef, Chicken, Duck, Eggs, Seafood, Turkey	Lamb, Pork, Lamb, Venison	Chicken, Egg (white), freshw. Fish	Beef, Duck, Eggs (yolk), Lamb, Pork, Seafood	Chicken, Eggs, Rabbit, Shrimp, Venison	Beef, Duck, Lamb, Pork, Seafood