



*VATA  
FOOD  
PROGRAM*

"THE EARTH HAS MUSIC FOR  
THOSE WHO LISTEN"



# Tastes & Protocol

*Best: Sweet, salty, sour*

*Avoid: Bitter, astringent, pungent*

**Foods listed as:**

“Best” can be eaten without reservation on a daily basis.

“Small Amounts” can be eaten in small portions fairly often or in larger portions once or twice per week.

“Avoid” should be eaten only on rare occasions. Remember, it is not what you do once in a while that matters. Long-term habits determine your health. Healthy habits create a healthy life. Unhealthy habits lead to an unhealthy life.

## Grains

It is best to eat these as a cooked grain or an unyeasted bread. Small amounts of yeast breads are all right however.

**Best:** Amaranth, oats (cooked), quinoa, rice (white or brown), wheat

**Small Amounts:** Barley, millet

**Avoid:** Buckwheat, corn flour (chips, bread, and tortillas), dry oats (granola), polenta, rye

## Dairy

It is best to use raw or organic milk. Milk should be taken warm with a small amount of ginger and cardamom.

**Best:** Butter, buttermilk, kefir, milk, sour cream, yogurt (fresh)

**Small Amounts:** Hard cheeses

**Avoid:** Ice cream, frozen yogurt

## Sweeteners

Moderation is important; overuse of even the best sweeteners will increase vata.

**Best:** Raw, uncooked honey, jaggery (raw sugar), maltose, maple syrup, molasses, rice syrup, sucanat

**Small Amounts:** Date sugar, grape sugar

**Avoid:** Brown sugar, white sugar

## Oils

**Best:** Almond, ghee, sesame

**Small Amounts:** Avocado, castor, coconut, flaxseed, mustard, olive, peanut, sunflower

**Avoid:** Safflower

## Fruits

Sweeter fruits are best.

**Best:** Baked apples, apricots, avocados, bananas (ripe), blackberries, cantaloupe, cherries, coconut, cranberry sauce, dates (not dry), figs (fresh), grapefruit, grapes, lemons, mangos, nectarines, oranges, papaya, peaches, pears, persimmons, pineapple, plums, raspberries, strawberries (ripe), tangerines

**Small Amounts:** Apples (sour is best), pomegranate

**Avoid:** Dried fruit of any kind, cranberries

## Vegetables

Cooked vegetables are best because they are easier to digest.

**Best:** Avocado, beets, carrots (not as a juice), leeks, mustard greens, okra, onions (well cooked), parsnips, shallots, acorn squash, winter squash, sweet potatoes, tomatoes, water chestnuts

### Small Amounts:

Broccoli, cauliflower, celery, corn, cucumber, eggplant, green beans, kale, medium chilies and hot peppers, mushrooms, potatoes, radishes, seaweed, spinach, sweet peas, zucchini. The following may be eaten uncooked with a creamy or oily dressing: lettuce, spinach, and any leafy green (occasional use only and with a spicy heavy dressing)

**Avoid:** Alfalfa sprouts, artichokes (unless served with a butter-lemon sauce), asparagus, bean sprouts, Brussels sprouts, cabbage (even cooked), raw vegetables, snow peas

## Nuts and Seeds

Lightly roasted nuts are best. Dry roasting should be avoided. Salted nuts are fine. Nut butters are highly recommended except for peanut butter.

**Best:** Almonds

**Small Amounts:** Cashews, filberts, pecans, piñon, pistachio, pumpkin seeds, sesame seeds, sunflower seeds, and any other nut not mentioned

**Avoid:** Peanuts

## Meats

If you choose to eat meat, limit consumption to 2-3 times per week. Meat soups can be particularly nourishing during convalescence.

**Best:** Chicken and turkey (dark meat), beef, duck, eggs, fresh water fish, lamb, pork, seafood, venison

**Small Amounts:** Chicken and turkey (white meat), shellfish

## Legumes

**Best:** Mung beans

**Small Amounts:** Tofu, hummus

**Avoid:** Aduki beans, black beans, chickpeas, fava beans, kidney beans, lentils, Mexican beans, navy beans, pinto beans, soybeans (except as tofu or soy milk)

## Spices

When spicing, the overall spiciness is more important than individual spices. Even some "Avoid" spices can be used if balanced with other spices on the "Best" list. For vata, food should be spiced moderately and never very hot or bland.

**Best:** Anise, basil, bay leaf, caraway, cardamom, catnip, cinnamon, clove, cumin, dill, fennel, fenugreek, garlic, ginger (fresh), marjoram, mustard, nutmeg, oregano, pepper, peppermint, poppy seeds, rosemary, saffron, sage, spearmint, thyme, turmeric

**Small Amounts:** Cayenne pepper, cilantro, ginger (dry), horseradish, mustards (very hot), parsley

## Condiments

**Best:** Mayonnaise, vinegar

**Small Amounts:** Catsup

**Avoid:** Carob, chocolate

## Beverages

**Best:** Three or four cups of room temperature or warm water per day. Spicy teas such as chamomile, cinnamon, clove, and ginger. Try the Vata tea available at the front desk.

**Small Amounts:** Diluted fruit juices

**Avoid:** All alcohol, black tea, carbonated mineral water, coffee, fruit juices, soft drinks



## VATA TEA RECIPES

### *Calming Tea*

#### Ingredients:

- 1 tsp whole cardamom seeds
- 2 cinnamon sticks
- ½ tsp fresh ginger, peeled & chopped
- 1 Tbs dried licorice root, chopped or sliced
- ¼ tsp fennel seeds
- 1 tsp dried organic orange peel (or 2 tsp fresh)
- ½ tsp whole anise seeds
- 4 cups filtered water

#### Directions:

Bring water to a boil, reduce heat to low and add all the herbs. Stir well and cover the pot and let it simmer over low heat for 10 minutes. Remove from heat and let the tea sit for another 5 minutes. Strain and serve, add honey if desired.

### *5 Spice Tea*

#### Ingredients:

- 2 cups filtered water
- ½ tsp fennel seeds
- ½ tsp coriander seeds
- ¼ tsp carom seeds
- ¼ tsp dry ginger powder

#### Directions:

Bring water to a boil, reduce heat to low and add all the herbs. Cover and switch off the heat, and let steep for 15 minutes. Enjoy with honey or organic maple syrup.

*IF YOU WOULD LIKE TO KNOW MORE HOW  
AYURVEDA CAN HELP YOU ACHIEVE MORE  
ENERGY, REVERSE CHRONIC DISEASE, IMPROVE  
YOUR HORMONE FUNCTION, GET BETTER SLEEP,  
AND SLOW DOWN THE AGING PROCESS, CONTACT  
ME AT: [INFO@APURVAWELLNESS.COM](mailto:info@apurvawellness.com)*



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YOUR DIGESTIVE SYSTEM IS VERY DELICATE AND CAN BE  
AFFECTED BY MANY FACTORS. BECOMING AWARE AND  
CONSCIOUS THAT THE ACT OF NOURISHING YOUR BODY IS A  
SACRED ACT, WILL KEEP YOUR DIGESTIVE SYSTEM  
FUNCTIONING AT ITS BEST, AND YOU FEELING YOUR  
ULTIMATE BEST!

YOU ARE NOT WHAT YOU EAT, YOU ARE WHAT YOU DIGEST,  
BOTH PHYSICALLY AND MENTALLY. KEEP YOUR FOOD AND  
YOUR THOUGHTS PURE AND CLEAN, AND YOU WILL FEEL  
LIGHT, JOYOUS, AND FULL OF ENERGY.