

# Kapha Reducing Food Guidelines

- Include all six tastes of bitter, pungent, astringent, sweet, salty, and sour but have **more of bitter, astringent, and pungent**, and significantly less of sweet, sour, and salty.
- Drink hot water throughout the day, avoid sodas and other cold beverages.
- Avoid large quantities of food, especially at night.
- Try to eat a light dinner such as vegetable stew or Kitchari before 6:00 pm.
- Ginger is Kapha's best friend.



- **Vegetables** – most vegetables are fine for kapha, but less of the slimy ones such as okra, Avoid nightshades, olives, salty fermented vegetables, soy sauces. Kapha greatly benefits from leafy greens such as a cooked kale, chard, mustard green, and collards. Raw salad okay in summer if the digestive fire is strong enough. Include broccoli, carrot, asparagus, cauliflower, celery, brussel sprouts, corn, louki, cabbage, bitter melon, radish, daikon, moringa, less sweet potato, less zucchini. **The plate should have 3 different vegetables and take up 75% of the plate.**

- **Grains** – favor lighter grains such as barley, millet, quinoa, or quinoa mixed half and half with basmati rice. **Less** rice, oats and wheat.



- **Legumes** – split mung dahl, whole mung beans, urad dhal, less or avoid tofu and soy beans, and less chick peas.

- **Fruit** – apple, pear, raisins (rather than grapes), pomegranate, dry figs, figs, cooked apple, apricots, prunes, blueberries, strawberries. **Avoid** banana, coconut, avocado, melons, dates, sour fruits such as grapefruit lemon, lime okay in small amounts.



- **Oil** – olive, grapeseed oil, small amount of ghee.

- **Seeds and nuts** – sesame and sunflower seeds are okay, avoid or reduce almonds, peanuts, cashews.



- **Sweetener** – honey, small amount of jaggary

- **Spices** – dried and fresh ginger, Thai chili, turmeric, cumin, coriander, clove, cinnamon, black pepper.



- **Dairy** – hot milk with ginger very small amount like ¼ of a cup, digestive lassi, small amount of nut milks take warm with spices.

- **Lifestyle/Behavior** – Kaphas need to make sure they don't sleep past 6:00 a.m. during kapha time of day and avoid daytime napping. Best to go to sleep during kapha time before 10:00 pm. The best time to exercise is during kapha time 6:00 a.m. to 10:00 a.m. A walk after dinner is also helpful.



## Avoid

- Kapha should eliminate or avoid ice cold foods and drinks, food and drinks directly from the refrigerator. In winter, food and drink should be hot/warm.
- Cheese, deep fried foods, all nut butters, pastries, ice cream, cream, yogurt, banana, less pasta and less wheat products.
- Eat less citrus (sour taste increases kapha).

