

## Pitta Reducing Food Guidelines

- **Favor sweet, astringent, and bitter** foods and less fermented, spicy, sour, pungent, and salty food.
- Pitta need cooling, calming, regular meals on time.
- A juicy sweet pear as a snack, watermelon, sweet cooling drinks such as rose lassi.



- **Grains** – Basmati Rice, Wheat, Wheat Berries, Barley, Pasta, Couscous, Tapioca Pearls, less rye and sourdough.
- **Legumes** – split mung beans, whole mung, French or brown lentils, chickpeas, black eyes peas.
- **Oil** – grapeseed, olive, ghee (**avoid** mustard oil and less sesame oil)
- **Dairy** – whole organic milk, butter, ghee, sweet lassi, soft cheese such as fresh mozzarella and paneer okay.
- **Vegetables** – zucchini, leafy greens, fennel root, green beans, cilantro, zucchini, celery, cabbage, broccoli, cauliflower, brussel sprouts, cucumbers, bitter melon, louki, sweet potato, artichoke, okra, watercress, parsley, wheat grass, lettuce, salads okay in the summer (**avoid** olives, avoid pickled things made with vinegar). 
- **Nuts** – sunflower seeds, pine nuts, almond in small amounts best soaked, walnut in moderation, watermelon seeds, pumpkin seeds (avoid peanuts and salted nuts).
- **Fruits** – sweet juicy fruit such as sweet plums, sweet cherries, sweet mangos, melons, pomegranate, coconut. 
- **Spices** – fennel, turmeric, cumin, coriander, neem leaves, peppermint, rose petal, spearmint, small amount of nutmeg. **Avoid** chili, onions, garlic, soy sauce, alcohol, and vinegar. 
- **Sweetener** – organic sugar, rice syrup, dates, date sugar.
- **Lifestyle/Behavior** –Pittas need time off for reducing stress. Scheduled time off in nature. They appreciate the beauty of nature, gardens, flowers. Meditation and calming yoga are very good for pitta imbalance. 

### Avoid

- Spicy and hot foods such as chili peppers, cayenne, and hot sauce.
- Sour and acidic foods such as citrus fruits, tomatoes, and vinegar.
- Salty foods and excessive salt intake.
- Fried and oily foods, which can be difficult to digest and aggravate Pitta.
- Alcohol and caffeine, which are stimulants and can further increase Pitta's natural intensity.
- Red meat, which is considered heating and heavy in Ayurveda.
- Fermented foods such as sourdough bread, pickles, and yogurt.

