

Vata Reducing Food Guidelines

- Include all six tastes but have **more of the sweet sour and salty**. Less of bitter, pungent, astringent.
- Favor oily and moist food over dry.
- Favor smooth, slimy foods – milk rice, tapioca pearls (can be put into soups), hot cereals, warm cooked foods.



- **Grains** – most grains are fine for Vata balancing – basmati rice, wheat products (if not gluten intolerant), barley, oats, tapioca, quinoa and rice mixed together is good too.
- **Legumes** – mung beans, split mung dahl.

- **Dairy** – whole organic milk that is boiled with spices, homemade paneer, homemade yogurt (not cold and not old), homemade buttermilk, lassi, butter, ghee.



- **Vegetables** – most vegetables are good for vata except for raw vegetables which are consider cold and rough in Ayurveda. Favor sweet vegetables such as sweet potato, butternut squash, zucchini, okra, artichoke, asparagus, carrot. Include beets, parsnip, leafy greens cooked and then blended with spices and ghee. Smaller amounts of the drier vegetables such as brussel sprout, cabbage, broccoli, cauliflower and olives. All should be cooked well with oil or ghee to reduce the vata effect.



- **Oil** – ghee, olive oil, sesame seed oil.
- **Nuts and seeds** – almonds, cashews, sesame seeds, sunflower seeds.
- **Spices** – ginger, cumin, coriander, turmeric, fennel, anise, nutmeg, poppy seed, ajwain, basil, black pepper, cardamon, dill, basil, rosemary, saffron. **Avoid** hing as it overheats the liver.

- **Fruits** – sweet juicy fruits such as pear, melon, avocado, peach, strawberry, blueberry, grapes, fresh figs, medjool dates, prunes, pineapple, cherry, lime, grapefruit, cooked cranberries, cooked apple not raw apples. Best to soak raisins overnight.



- **Sweetener** – organic sugar, honey, maple syrup, jaggery, date sugar.
- **Lifestyle Tips for Vata** – Vata needs warmth, unctuousness, and regular meals and sleep routines. Vata tea with licorice root, ginger, and cardamon, hot meals three times per day, and regular sleep and relaxation. Slow asanas, walks in nature (when it's not windy or cold).

Avoid

- Cold, dry, and frozen food and beverages.
- Stimulants such as coffee, black teas, nicotine, cocoa all these increase Vata – air and space.
- Rough foods like raw vegetables and salads.

