

## *Tridosha: Kapha*

### *Dietary Recommendations*

The following foods are recommended for the person with a predominant Kapha body constitution. For the Kapha constitution, it is especially important to eliminate the excess of Kapha which tends to create phlegm (congestion) and thus, too much earth (i.e. excess weight).

They should eat mainly from the "Often" and "In Moderation" lists and only infrequently or on special occasions from the "Seldom" list. Kapha types tend to crave rich-tasting, sweet, heavy and processed foods, often devoid of prana (living energy). Consequently, their best diet is one that neutralizes these tendencies – so their food choices should be those with a nature that is **light, warm, dry and spicy**. The foods that should be avoided are those that tend to be **oily, heavy, dense, and cold**. This list can be a convenient shopping list to assist in shopping wisely at the local supermarket and natural food stores.

#### **Fruits**

##### Often

Apple  
Pear  
Pomegranate  
Cranberries  
Persimmon  
Apricot  
Berries

##### In Moderation

Papaya  
Pineapple  
Cantaloupe  
Plum  
Strawberries  
Peach  
Prunes

##### Seldom

Banana  
Dates  
Avocados  
Raisins  
Melons  
Coconut  
Oranges  
Figs  
Grapes  
Mango

#### **Vegetables**

##### Often

Lettuce (all types  
except ice berg)  
Asparagus  
Onions  
Bell pepper  
Celery  
Radish  
Spinach

##### In Moderation

Beets  
Potatoes  
Pumpkin  
Button Mushrooms  
Cabbage  
Artichoke  
Carrots  
Eggplant

##### Seldom

Tomatoes  
Squash (all types)  
Corn  
Sweet Potatoes  
Cucumbers  
Olives

#### **Grains**

##### Often

Barley  
Buckwheat  
Rye  
Millet

##### In Moderation

Basmati rice  
Brown rice  
Oats

##### Seldom

Wheat (and pasta)  
White rice  
Semolina  
Corn  
Wild rice

#### **Legumes**

##### Often

Mung beans  
Aduki beans  
Lentils (green, red,  
and brown)

##### In Moderation

Lima beans  
Black beans  
Tofu (Mori-Nu only)  
Navy beans  
White beans  
Split peas  
Black-eyed peas  
Pinto beans

##### Seldom

Kidney beans  
Chickpeas (Garbanzo)  
Soy beans

### Dairy

#### Often

Diluted, homemade keifer

#### In Moderation

Ghee (unrefined)  
Soft cheese

#### Seldom

Butter  
Cheese (hard)  
Ice cream  
Sour cream  
Yogurt (plain, with fruit or frozen)

### Nuts and Seeds

#### Often

None

#### In Moderation

Chestnuts  
Almonds  
Pumpkin seeds  
Sesame seeds  
Pine nuts  
Chia seeds

#### Seldom

Brazil nuts  
Cashews  
Peanuts & peanut butter  
Pecans  
Sunflower Seeds

### Oils

#### Often

EFA Oil Blend

#### In Moderation

Olive oil (unrefined)  
Flaxseed oil (unrefined)  
Sesame oil (unrefined)  
Ghee (unrefined)  
Coconut oil

#### Seldom

Most oils, including  
Butter  
Soybean oil  
Safflower oil  
Canola oil

### Protein Foods

#### Often

Exotic Mushrooms  
-- Shitake  
-- Maitake  
-- Trumpet Mushrooms  
-- Oyster Mushrooms, etc.

#### In Moderation

Chicken (free range)  
Fish (fresh water)

#### Seldom

Red meat (beef, buffalo, lamb, pork, venison)  
Scavenger fish (shrimp, lobster, etc.)  
Tuna, sardines  
Duck  
Turkey (free range)

### Condiments

#### Often

Black pepper  
Scallions  
Cayenne  
Mustard (without vinegar)  
Scallions

#### In Moderation

Chilli pepper  
Horseradish

#### Seldom

Lemon, lime  
Salt  
Vinegar

### Beverages

Have more: Warm drinks, herbal and spiced teas, vegetable juices, diluted homemade keifer

Avoid: Carbonated drinks, cold or iced drinks, coffee, black tea, alcohol