



Kapha Diet - Reducing earth & water elements

Grains:

Toasted breads. Barley, corn flour, basmati rice, amaranth, quinoa, and buckwheat.

Dairy:

It is best to use raw or organic milk. Milk is easier to digest when taken warm and with a small amount of ginger or cardamom. Goats milk, skim milk, or soy.

Sweeteners:

Moderation is important. Raw old honey, aged 6 months or more.

Oils:

In small amounts. Corn, sunflower, canola, flaxseed, safflower, soy, and mustard.

Fruits:

Dried fruits as they are not too sweet. Prunes, apples, cranberries, grapefruit, pomegranate, cherries, and raisins.

Vegetables:

Cooked in the winter when digestion is low, raw in the summer. Alfalfa sprouts, artichoke, asparagus, bean greens, bell peppers, broccoli, brussel sprouts, cabbage, cauliflower, kale, carrots, celery, chilies, hot pepper, cilantro, corn, lettuce, leafy greens, mustard greens, onion, parsley, peas, potatoes, radish, seaweed, spinach, and turnips.

Nuts and Seeds:

Sunflower seeds and pumpkin seeds.

Spices:

Food should be spiced hot and never mild. Anise, basil, bay leaves, black pepper, calamus, chamomile, caraway, cardamom, catnip, cayenne, cinnamon, cloves, coriander, cumin, dill, fennel, fenugreek, garlic, ginger, horse radish, hyssop, marjoram, mustard, nutmeg, oregano, peppermint, poppy seeds, rosemary, saffron, sage, spearmint, star anise, thyme, and turmeric.

Legumes:

Mung beans, red lentils, soybeans (tofu and soy milk), and split peas.

Meats:

Limit to 2 to 3 meals per week, although Kapha's do well on a vegetarian diet. Chicken and turkey (dark meat only), fresh water fish, and rabbit.

Condiments:

Vinegar and catsup.

Beverages:

2 glasses of spring water per day in cool weather and 3 in warm weather unless exercising. Bitter or spicy herb teas, green vegetable juices, wheat grass juice, and cranberry juice.