



A Food Plan to Balance Pitta Dosha

These guidelines can be used for pitta mind-body constitutions to maintain dosha balance and to restore balance, when necessary, regardless of the basic constitution. Pitta influences digestion, metabolism, body temperature and biological transformations.

Favour:

- bitter, sweet and astringent tastes
- less oils and fatty foods, consume food with moderately heavy textures.
- cool, refreshing food in the summer, salads are good, soaked nut and seed milks.
- herb tea, prefer mint, liquorice root or other pitta pacifying tea.
- breakfast: cooling sprouted whole grain cereals with apple, sprinkled with cinnamon and a cup of cooling mint herbal tea.
- vegetarian foods, consume abundant amounts of soaked nut and seed milks, sprouted whole grains and fresh vegetables.
- carbohydrate foods such as root vegetables (sweet potato, potatoes, yam, pumpkin), sprouted whole grains and legumes.
- cool or warm but not steaming hot cooked foods.

Avoid:

- too much use of salt, oil and spices, all of which are heating to the body.
- the tendency to overeat under stress.
- oily, hot, salty and heavy foods such as fried food.
- red meat, as it tends to heat the body from the fat.
- coffee is aggravating due to the acid content, as are organ juice, doughnuts and various refined sweet treats. (try and avoid anything processed in terms of sweet foods).
- processed and fast foods, they tend to be heavy on salt and sour tastes (which aggravate pitta). Japanese and Chinese foods are good choices. Avoid highly spiced food such as Mexican and Indian foods.
- pickles, yoghurt, sour cream, cheese, vinegar in salad dressings (use lemon juice instead).
- alcoholic or fermented foods, their sour rasa (taste) aggravates pitta.
- the overuse of salty, sour and pungent foods.
- overeating.

Summary:

Avoid egg yolks, hot spices and hot drinks. Use honey in moderation. Cool foods and juices are better. Add sweet, bitter and astringent tastes. Reduce use of sour tastes. Spices: black pepper (sparingly), coriander and cardamom.



Nutritional Protocol for Pitta			
Nourishing Elements	Water, Air, Earth, ether		
Nourishing Attributes	Cool, Substantial, Aromatic, Calming		
Nourishing Tastes	Sweet, Bitter, Astringent		
Essential Minerals	Copper, Iron, Magnesium, Potassium		
Macro- nutrients	Carbohydrates 60-70%	Protein 20%	Fats 10-15%
Fruits	<u>Sweet Fruits:</u> Apples Avocados Cherries Coconut Fresh Figs Dark Grapes Mangoes Melons	Oranges Pears Pineapples Plums Prunes raisins Note: Fruits should be sweet and ripe.	
Vegetables	<u>Cooling, Sweet & Bitter Vegetables:</u> Asparagus Beets Beet Greens Bitter Melon Broccoli Brussels Sprouts Cabbage Carrots Cauliflower Celery Chard Cucumber Dandelion Greens Endive Green Beans Green (Sweet) Peppers Jerusalem Artichokes	Kale Leafy Green Vegetables Lettuce Mushrooms Okra Parsley Peas Sprouts Squash Sweet Potatoes Tomatoes Turnips Watercress Zuchinni *Sea Vegetables - Kombu and Hijiki	
Nuts, Seeds, Oils	<u>All Nuts & Seeds should Be Soaked:</u> Almonds Coconuts Olive	<u>Seeds:</u> Pumpkin seeds Sesame seeds Sunflower seeds Tahini *all are acceptable in small amounts	
Sprouted Whole Grains	Barley Buckwheat Corn Kamut Millet	Spelt Oat Groats Wheat Brown Basmati Rice Wild Rice	



Nutritional Protocol for Pitta		
Culinary Spices	<u>Herbs and Spices:</u> Basil Cardamom Cinnamon Cilantro (Green Coriander) Coriander Seeds Cumin Dill Fennel Marjoram Miso Saffron Tarragon	Thyme Turmeric Savoury (a leaf and similar to sage) Vanilla Plus small amounts of both cumin and black pepper Note: Spices should generally be avoided as they are too eating. In small amounts, the listed sweet and astringent spices are good. Also be aware that spices can really help pitta disturbances, so using moderately can have a good effect to balance pitta.
Herbal Teas	<u>Cooling & Refreshing Teas:</u> Alfalfa Burdock Blackberry Catnip Chamomile Chicory Cornsilk Dandelion Elderflower Fennel Hibiscus	Hops Honeysuckle Lemon Balm Licorice Root Lemongrass Nettle Oatstraw Peppermint red Clover Sarsaparilla Spearmint Violet Wintergreen
Whole Food Supplements	Aloe Ver Gel Spirulina Blue Green Algae	Nutritional Yeast Green Kamut Green Cholrella
Exercise	<u>40 minutes, 4 times per week:</u> Outdoor Activities Gardening Walking Hiking Yoga	Swimming Water Skiing Snow Skiing Running Biking Tennis Calming Meditation
Avoid or Reduce	<u>Elements:</u> Fire <u>Attributes:</u> Hot, Oily, Light, Intense, Fluid, Fetid <u>Tastes:</u> Sour, Pungent, Salty	

Pitta dosha is aggravated and increased during the summer. Mental and emotional peace and positive lifestyle routines are important to re-establish and maintain balance. If your basic constitution is mixed (pitta-vata or pitta-kapha), to maintain balance, include smaller portions of the foods beneficial for the second dosha.



General Tips on Health and Wellness for Pitta Types:

Pitta constitutions will be disturbed by alcohol and cigarettes, as well as by overwork, overexertion and overheating. When out of balance they are vulnerable to feeling such negative emotions as aggression, hatred, intolerance and resentment. Therefore, it is very essential for pitta people to remain cool (literally and figuratively). Also to lead a wholesome and modest lifestyle. Choose foods, attitudes, behaviours personal relationships and environmental conditions that will be helpful in balancing pitta character.

Sweet, bitter and astringent tastes decrease pitta influences. if pitta characteristics are too pronounced, include the following food categories into your food plan; complex carbohydrates such as soaked sprouted whole grains; nuts and seeds; sweet fruits, bitter leafy greens and herbs; beans and some green astringent vegetables.

Partake in activities that cool the mind, emotions and body. Avoid conflicts. Cultivate the virtues of honesty, morality, kindness, generosity and self-control.



Pitta Menu Plan		
	Spring/Summer	Fall/Winter
Waking	warm tea (herb tea such as turmeric, fennel, coriander)	soaked almonds blended with warm milk, including saffron, turmeric, honey, coconut sugar. *Check recipes on LTF portal
Breakfast	sprouted grain dish with a coriander coconut milk, steamed fermented rice cakes with turmeric	soaked grain dish with coriander or fennel, okra, koki (Sindhi style flat-breads) *Check recipes on LTF portal
Snack	sweet or bitter fruit in season such as pears with blueberries, hummus with flax, edamame dip	apple or pear (as the cooking nature, cools the mind and emotions)
Lunch	sprouted barley or kamut grans with cabbage or broccoli, bitter green salad with lemon olive oil dressing, salad with sprouts, broccoli and chickpea stir fry,	fresh kale or collard salad with lemon or lime dressing & sunflower oil, steamed greens and tofu with tamarin and cooling herbs, herbed flax seed crackers with Indian style dhal, 'kitchari' stew, warmed sole, okra masala, paneer masala, thai green curry with cruciferous vegetables
Snack	sunflower seeds, fennel and lemon grass tea, tamari brown rice crackers	apple sauce with cinnamon, nutmeg and sweetened with stevia, miso soup with pumpkin, mint tea
Dinner	cauliflower and Jerusalem artichoke dish with a spicy cilantro sauce, zucchini pasta with a fresh tomato sauce, cauliflower fried rice, mung lentils and ata chapatis	Stir fry root vegetables with coriander dipping sauce, cooling kombu mushroom broth with wontons and buckwheat noodles, chickpea curry with sesame seeds and sunflower seed butters, flax crackers with caraway seeds and beetroot dip
Snack	coconut macarooms with red clover tea, coconut beetroot pudding	pumpkin pudding, catnip tea