



Drs Jensen

COMMUNITY VITALITY LONGEVITY

Foods for Kapha Constitution

FOOD GROUPS	INCREASE	DECREASE
Fruit	Apples, applesauce, apricots, berries, cherries, cranberries, dry figs, grapes lemons, limes, peaches, pears, pomegranate, prunes, raisins, strawberries	Avocados, applesauce, bananas, coconut, dates, fresh figs, grapefruit, kiwi, mangoes, melons, oranges, papayas, pineapples, plums, rhubarb, watermelons
Vegetables	all	Zucchini, cucumber, olives, parsnips, pumpkin, squash, sweet potato, taro root, raw tomatoes
Grain	Amaranth, Barley, buckwheat, couscous, granola, millet, muesli, oat bran, oats, polenta, quinoa, rice, rye, spelt	Yeasted breads, cooked oats, pancakes, pasta, wheat
Legumes	Aduki beans, black beans, black eyed peas, chickpeas, lentils, lima beans, mung beans, mung dal, peas, pinto beans, split peas, tempeh, white beans	Kidney beans, miso, soy, urad dal
Dairy	Goat cheese, ghee	Butter, cow milk, ice cream, sour cream, yogurt
Animal Foods	Chicken, fish, shrimp, turkey	Beef, lamb, pork, salmon, sardines, seafood, tuna fish
Condiments	Black pepper, chilli peppers, coriander leaves, dulse, horseradish, lemon, mustard, seaweed	Chocolate, kelp, ketchup, lime, mango chutney, mayonnaise, salt, soy sauce, vinegar
Nuts	NONE	
Seeds	Flax, pumpkin, sunflower	Psyllium, sesame, tahini
Oils	Small amounts: almond (external), ghee, sunflower	Apricot, avocado, olive, flax, sesame, soy, walnut
Sweetners	Honey, fruit	all
Spices	all	salt

Food Supplements	Aloe vera, barley green, bee pollen, spirulina, bluegreen algae, vit a, b, c, d, e; Mineral: cal, mg, zinc	
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