



*Dr. Jensen*

COMMUNITY VITALITY LONGEVITY

## **Foods for Pitta Constitution:**

Best on vegetarian diet.

<b>FOOD GROUPS</b>	<b>HELPFUL</b>	<b>HARMFUL</b>
<b>Tastes</b>	Sweet, Bitter, Astringent	Sour, Salty, Pungent
<b>Grains</b>	Best: Barley-cool and drying  Next: Rice, then Oats and wheat (unless sensitive).	Buckwheat, corn, millet, rye are all heating but can be used on occasion.  Yeasted bread should be avoided.
<b>Vegetables</b>	Eat veggies all day long.  -Beets, carrots, long white radish: purify the liver Steamed white/yellow onion on occasion  -Best: Asparagus, Broccoli, Brussels sprouts, cabbage, cilantro, cucumber, cauliflower, celery, water cress, green beans, leafy greens, mushrooms, okra, peas, parsley, potatoes, sprouts, squashes, water chestnuts, zucchini	Sour: <b>tomatoes</b> in all forms  Pungent: radishes, garlic, red or purple onions, peppers
<b>Fruits</b>	Best: Figs and grapes  Lemon and lime used regularly Sweet tasting: Apples, Apricots, avocados, berries, cherries, coconut, dried fruit, figs, grapes, lemons, mangoes, melons, nectarines, oranges, papaya, peaches, pears, persimmons, pineapples, plums, pomegranates	Sour tasting: apples, cherries, grapes, oranges, pineapples, pomegranates  Bananas-post digestive effect are sour  Pungent: papaya
<b>Meat</b>	Best on vegetarian diet but if must then:  Chicken, turkey, egg whites are permissible sparingly	Heating: seafood, egg yolks  Meat pollutes the blood and encourage aggression and irritability

<b>Legumes</b>	Best: black lentils, chickpeas, mung beans.	Overeating legumes Worst: red and yellow lentils
<b>Nuts &amp; Seeds</b>	Coconut is very cooling especially in oil form.  Sunflower and pumpkin are also good for pitta types	Most are too heating for Pitta types.  Use sparingly
<b>Oils</b>	Small amounts of almond, flax and larger amounts of coconut, olive or sunflower	Avoid excess
<b>Dairy</b>	All are good except those they are allergic to.  Yogurt: blended with water, spiced with ginger and cumin	Hard Cheese, Ice cream
<b>Sweeteners</b>	Most are ok: Honey especially good, but not cooked.	White sugar-poisonous
<b>Spices</b>	All except ginger and garlic	Overuse causes problems
<b>Vices</b>		<b>Meat, eggs, tobacco, caffeine, alcohol and salt</b>