



*Drs Jensen*

COMMUNITY VITALITY LONGEVITY

## **Foods for Vata Constitution**

Aggravated by excesses, Vata type people need stability.

<b>FOOD GROUPS</b>	<b>HELPFUL</b>	<b>HARMFUL</b>
<b>Tastes</b>	Sweet, sour, salty	Bitter, pungent, astringent
<b>Grains</b>	Freshly cooked grains.  Oats, rice – cooked with lots of water and ghee/butter/olive oil to ↓ dryness.  Moderate amounts of wheat can be helpful, unless sensitive/allergic to it.	Buckwheat, corn, millet, rye are all drying but can be used occasionally.  Yeasted bread should be avoided.
<b>Vegetables</b>	Cooked veg especially: mushrooms, eggplant, peas, spinach, asparagus, beets, carrots, celery, garlic, green beans, parsnips, radishes, rutabagas, turnips, yams, water chestnuts	Raw veggies, also onions, okra, tomatoes  Stiff muscles and joints avoid: spinach, potatoes, tomatoes, eggplant, peppers
<b>Fruits</b>	Apricots, avocados, bananas, berries, cherries, coconut, dates, figs, grapefruit, grapes, lemons, mangoes, melons, nectarines, oranges, papaya, peaches, pears, persimmons, pineapples, plums	Astringent: cranberries, pomegranates except in syrup  Drying: apples-unless baked or sauced  Dried fruit-unless soaked Unripe-esp bananas Over use of melons
<b>Meat</b>	Only constitution who needs animal foods in the diet, however not overindulging as this will increase vata and create imbalance.  Moderate amounts of Dairy, eggs(scrambled with milk is ok or poached but not fried), chicken, turkey, fresh fish.	Beef is only good when absolutely necessary to “ground” the Vata person immediately. Otherwise should be avoided.

<b>Legumes</b>	<p>Best cooked with Olive oil, tumeric, cumin and coriander to light the digestive fire; and ginger, garlic to prevent vata from being disturbed.</p> <p>Soaking beans helps to reduce gas-soak for a few hours then discard water before cooking.</p> <p>Split or sprouted peas are best as it exposes the inner core.</p> <p>Best: black lentils, red lentils, chickpeas, mung beans.</p>	<p>Overeating legumes</p> <p>Best eaten with grains otherwise can cause difficulty digesting.</p> <p>Must soak black lentils well before cooking as they are very heavy to digest.</p> <p>Unsplit peas are gas producing as the outer coat is undigestible.</p>
<b>Nuts &amp; Seeds</b>	<p>Almonds-soaked in luke warm water overnight then remove the skin before eating.</p> <p>Pumpkin-brain tonic</p> <p>Seeds in raw form are too concentrated for regular use therefore use in the form of butters and milks.</p>	<p>Unskinned almonds-irritate gut lining</p> <p>Overuse of sesame is difficult on digestion.</p> <p>Too concentrated resists digestive juice penetration, therefore → indigestion</p>
<b>Oils</b>	<p>Best: Sesame</p> <p>Almond: for brain</p> <p>Coconut and sesame: hair</p> <p>Mustard: skin</p>	<p>Worst: Safflower</p>
<b>Dairy</b>	<p>All are good except those they are allergic to.</p> <p>Yogurt: blended with water, spiced with ginger and cumin</p>	<p>Hard Cheese</p>
<b>Sweeteners</b>	<p>Most are ok: Honey especially good, but not cooked.</p>	<p>White sugar-poisonous</p>
<b>Spices</b>	<p>All especially ginger and garlic</p>	<p>Overuse causes problems</p>
<b>Vices</b>	<p>Half a glass of wine not containing chemical additives can be beneficial used sparingly.</p>	<p>Tobacco, <b>sugar</b> and <b>caffeine</b> and <b>alcohol</b> (most wines, but especially beer and hard alcohol) are the worst for Vata types</p>