

**KAPHA** /a fusion of earth and water elements that embodies the traits or gunas of a fine, nourishing clay. It is bulky, sluggish, icy, liquid, smooth, soft, staticky, hard, and gross. You often feel heavy in the body and mind..

● **Good**   ● **Sometimes**   ● **Avoid**

VEGGIES	FRUITS	NUTS/SEEDS	DAIRY	ANIMAL	GRAINS
<p>asparagus, carrot, corn, celery, beets, greens, beans, fennel, artichoke, peas, lettuce, cabbage, leafy greens, watercress, leeks, broccoli, cauliflower, cooked tomato, mushrooms, onions, peppers, sprouts, winter squash</p> <p>potato</p> <p>sweet potatoes, cucumber, zucchini, pumpkin, summer squash, raw tomatoes</p>	<p>apples, apricots, berries, cherries, cranberries, mango, pears, peaches, persimmons, pomegranates, prunes, raisins, quince</p> <p>grapes, kiwi, pineapple, lemon/lime, melons, strawberries</p> <p>sweet + sour fruits: avocado, banana, coconut, dates, figs (fresh), grapefruit, melons, oranges, papaya, pineapple, plums, rhubarb</p>	<p>almonds, coconut, faxseed, popcorn, pumpkin seeds, sunflower seeds</p> <p>most nuts - high fat content and will increase qualities of Kapha, chia seeds, sesame seeds</p>	<p>goat milk</p> <p>butter, cheese, cow's milk, yogurt, sour cream, icecream, cream</p> <p>butter, cheese, cow's milk, yogurt, sour cream, icecream, cream</p>	<p>white meat, freshwater fsh, poultry, shrimp, eggs (not fried)</p> <p>goat</p> <p>red meats and all other seafood, salmon, pork</p>	<p>barley, bran, buckwheat, cereals, couscous, crackers, granola, polenta, quinoa, spelt, rye, corn, millet</p> <p>oats, rice (basmati), rice cakes</p> <p>pasta, wheat, yeasted breads, sweet breads, rice (red, brown, white) arborio rice</p>
HERBS / SPICES	LEGUMES	BEVERAGES	SWEETENERS	OILS	ALCOHOL
<p>all spices, especially heating herbs like pepper, paprika, fenugreek, cardamom, cumin, ginger</p> <p>salt</p>	<p>mung beans, aduki beans, black-eyed, chickpeas, lima, split/pinto, white beans, red lentils, chana dal, split peas.</p> <p>hot tofu/soy</p> <p>black lentils, kidney beans, cold soy products like soy sauce</p>	<p>warm/spiced soy milk, herbal teas: camomile, cumin, CCF, cinnamon, peppermint, fresh ginger, boiled water</p> <p>fresh fruit juices from list, vegetable juice, broths, licorice tea, cafeine</p> <p>cold drinks, sugary drinks, cold soy milk, milkshakes and smoothies, tomato juice, coconut milk/cream</p>	<p>honey (raw, unheated), fruit juice concentrates</p> <p>natural and artifical sweeteners, cooked honey</p>	<p>limited amount: ghee, corn, canola, almond, fax seed, sunflower, sesame (external use)</p> <p>all other oils</p>	<p>always in moderation</p> <p>dry wine and cider</p> <p>beer, cocktails, hard spirits, sweet vines</p>

**TIPS** // demands foods that are stimulating, warming, and cleansing. Salted, sour, and sweet tastes cause discomfort while bitter, pungent, and astringent tastes calm the kapha. Get active to aid in digestion and prevent lethargy, especially after meals. Avoid cold dairy, which amplifies your doshas' essential traits, and heavy, fatty, and carbohydrate-rich foods. To calm Kapha, keep things warm and bright by drinking cumin seed or ginger tea.

**WANT MORE?** // ready to start your Ayurvedic journey and learn more about who you are energetically and doshic-ally? Book your initial consultation with SaiAyush Ayurveda via [www.saiayush.in](http://www.saiayush.in) Alternatively, email [info@saiayush.in](mailto:info@saiayush.in) for consultation enquires.