

VATA // a mixture of the components of air and ether, representing the characteristics or gunas of the wind. It is light, airy, chilly, rough, subdued, moveable, and clear. Vatas are prone to constipation, bloating, and anxiety.



Good



Sometimes



Avoid

VEGGIES

root vegetables, cucumber, cooked: asparagus, carrots, coriander, zucchini, peas, pumpkin, potato (sweet), onions yams, beets, green beans, artichoke, pumpkin, watercress, cooked leeks

eggplant, cooked tomato, garlic, lettuce, sprouts, raw leafy greens, spinach, sprouts, mint, broccoli

dried/raw/frozen veggies, cabbage, cauliflower, mushrooms, raw onion, potato (white), brussel sprouts, celery, peppers

FRUITS

sweet fruits: banana, fresh fgs, lemon/lime, berries, cherries, mango, purple grapes, dates, stewed apple/pears, sweet melon, pomegranate, peach, pineapple, plums, oranges, mandarine kiwi, coconut, avocado, apricots, papaya

permissons, green grapes, soaked/cooked prunes and raisins, dry raisins

raw apple/pear, quince, raw dried fruit, bitter/unripe fruit.

NUTS/SEEDS

In a limit: all nuts are good for Vata. Soaked (skinless) almonds, brazil, cashew, coconut, macadamia, pecan, pine, hazlenut, walnut, pistachio, sesame (tahini), fax, sunflower, pumpkin, chia, hemp.

dry roasted nuts, peanuts

psyllium

DAIRY

ghee, boiled/warm cow's milk, goat's cheese and milk, soft cheeses, natural yoghurt, unsalted butter.

fresh and diluted yogurt, icecream

hard cheeses, feta cheese, buttermilk, yoghurt (plain, with fruit or frozen), salted butter, sour cream

ANIMAL

white meat, freshwater fsh, poultry, egg whites, rabbit, venison

egg yolks

red and dark meats, pork, and all other sea fsh/food, shellfish, tuna

GRAINS

basmati/white/red rice, oats, barley, wheat bran, granola pasta, quinoa, spelt, rice cakes, tapioca, wheat

brown rice

yeasted breads, rye, sourdough, corn, dry oats, buckwheat, millet

HERBS / SPICES

most spices: allspice, ajwain, licorice, parsley, mustard, nutmeg, sage, coriander, garam masala, dill, basil, safron, cumin, ginger, cloves, cinnamon, cardamon, hing, anise, bay leaf, pepper, fennel, turmeric, paprika, rosemary, tamarind, ginger, thyme, vanilla, oragano,

fenugreek, horseradish, ceyenne

excess chilli (drying), neem

LEGUMES

green mung bean, yellow mung bean, aduki bean

soy products, tofu, red lentils

all other legumes/beans, chickpeas, dried peas, tempeh

BEVERAGES

almond/oat/rice/coconut milk, apple cider, herbal teas: fennel, licorice, CCF, peppermint, rosehip teas, boiled warm water

fresh fruit juices, fresh vegetable juices (room temperature), soy milk

carbonated drinks, cafeinated drinks, black coffee, cold drinks, apple juice, cranberry juice, black tea, green and danelion tea

SWEETENERS

jaggery, molasses, coconut sugar, agave, brown sugar, raw sugar, barley malt

fruit juice concentrates, maple syrup

honey (cause constipating for Vata person), artificial sweeteners, white sugar

OILS

Internal and external use: ghee, sunflower, sesame, olive, almond, avocado, castor.

Internal: coconut

canola oil

vegetable oils, aerosol packed oils, faxseed

ALCOHOL

white wine, beer

carbonated drinks, cider, iced drinks, espresso martini, red wine, hard liquor, champagne

TIPS //requires warming, nourishing, and anchoring foods. Sweet, sour, and salty flavours satisfy vata, while bitter, astringent, and pungent flavours aggravate it. Never eat while standing or when on the go; always schedule a time to eat. Eat less food that is light, raw, cold, or dry to reduce the essential characteristics of your doshas. Never drink cold or fizzy water throughout the day; instead, sip warm water or fennel 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 Alternatively, email info@saiayush.in for consultation enquires.