

MODERN AYURVEDA

DISCOVER YOUR DOSHA DIET

Hey, if you are **KAPHA**

Prakruthi

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

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
Alternatively, email info@saiayush.in for consultation enquires.