

Diet for Pitta General Considerations

- People with a dominant Pitta dosha usually have a strong appetite that needs to be satisfied regularly. Unsatisfied appetite leads to intense hunger and to outbursts of irritation, even anger.
- Key qualities for Pitta diet are cool, slightly dry (not soggy or oily) and a little heavy. Avoid salt.
- Eat main meals or at least a good-sized meal at midday.
- Avoid late night eating. Fresh fruit or vegetables are the best evening snack if appetite demands.
- Eating with an attitude of calm and gratitude is particularly helpful.
- Avoid eating when angry, irritated, or in competitive situations. Business lunches might be a bad idea.
- Pitta's strong digestion can lead to the development of abusive habits that cause problems eventually, i.e. Over-eating, eating late at night, eating excessively greasy foods, or excessively rich or hot, spicy foods.
- Avoid salty, greasy, overly cooked, excessively rich, heavily spiced, or sour foods, as well as caffeine, red meat, many eggs, alcohol and sugar.
- Pitta is increased by summer, at midday and midnight, intense heat, and excessive sunlight. Be most mindful at these times.
- Qualities of food that balance Pitta: sweet, astringent, bitter, cool, heavy, dry. Take proportionately more of these.
- Qualities of food that imbalance Pitta: Pungent, hot, sour, light, salty, oily. Take less of these and less frequently.

Shopping list for Pitta

Grains: Barley, oats, rice (basmati or white), wheat, whole-wheat tortillas, wheat pasta.

Legumes: Any beans except red lentils, tempeh.

Animal Products: Chicken (white meat), turkey (white meat), egg whites, and fresh water fish.*

Vegetables: Acorn squash, artichoke, asparagus, bell pepper, broccoli, brussel sprouts, butternut squash, black olives*, cabbage, cauliflower, celery, collards, cucumber, green beans, jicama, kale, lettuce, mushroom, okra, peas, parsley, parsnips, potato (white and sweet), rutabaga, sprouts, summer squash, zucchini.

Dairy: Unsalted butter, cottage cheese, soft cheese, cow and goat milk, ghee, ice cream*, yoghurt*.

Fruits: Apples, avocado, berries (sweet), coconut, dates, figs, grapes, mango, melons, oranges, pears, pineapple, plum, pomegranate, prune, raisin, watermelon.

Nuts and Seeds: Coconut, pumpkin, and sunflower.

Drinks: Aloe Vera juice, fruit or vegetable juices, coconut milk, milk smoothies, Cafix, Roma, Pero, vegetable broth, herbal teas such as barley, burdock, chamomile, fennel, hibiscus, jasmine, lavender, mint, raspberry, rose petal.

Sweeteners: Barley malt syrup, brown rice syrup, maple syrup, juice concentrates, fructose, sugar cane juice, Sucanat*.

Condiments: Sea vegetables, lemon, lime, lime pickle, mango chutney, mango pickle, soy mayonnaise, soy sauce, yogurt*.

Oils: Avocado, coconut, olive, sunflower, soy, walnut, sesame.

Spices: Cilantro, coriander, cumin, dill, fennel, mint, neem, peppermint, rosewater, saffron, turmeric.

*This symbol is used for foods that should only be taken occasionally.

When Away or Dining Out

- As in every part of their lives, Pitta people appreciate quality and good value. Their most favorite restaurants are clean, well organized, visually appealing, and prompt in service with great food at fair prices.
- Japanese (avoid excessive salt and oil), Chinese, and Middle Eastern restaurants are good choices for Pitta.
- Avoid Mexican, Italian, and even most Indian fare, as the food is often made too spicy or too salty.

Preparation Tips for Pitta Dosha

Grains: Grains are balancing to Pitta dosha as they are filling, satisfying, but not too heavy. Barley and basmati rice are best.

Legumes: Pitta people seem to need the greatest amount of protein to fuel their driven lifestyle. All beans are good, with the exception of tempeh, red and black lentils. Soak whole beans overnight and change the water before cooking. Cooking all day, on an open fire is best, but a crock pot or pressure cooker works well in today's kitchen. Spice with turmeric, cumin, coriander, ginger, garlic, and asafoetida.

Animal Food: Even though they need lots of protein, Pitta types are best suited for a completely vegetarian diet. Meats are too heavy and heat producing. Small amounts of poultry and fresh water fish are all right. Heavier meat consumption can make a Pitta personality too intense and make them attracted to alcohol and drugs for recreation and relaxation.

Dairy: If well digested Pitta can be cooled and nourished by dairy products, excluding hard or aged cheeses. Sour or very salty products should be avoided. Yogurt is best as a "Lassi" for dessert. Make this by mixing:

1 part yogurt
3 parts warm water
maple syrup or ghur
Cilantro
Cardamom

Vegetables: Pitta benefits from large quantities of vegetables. High metabolism quickly uses vitamins and minerals, especially Vitamin A. Salad with bitter greens such as endive, arugula and parsley can help curb over eating. Tomatoes, radishes and garlic are best avoided.

Fruits: Sweet fruits are good. Figs and grapes with a little lemon/lime zest are good. Fruits make the best snack for Pitta in the evening.

Nuts and Seeds: For the most part nuts and seeds are too hot and oily for Pitta with the exception of coconut milk which is delightful in cooking. Sunflower seeds are good and occasionally pumpkin seeds.

Sweeteners: Pitta tolerates sugar sweet well. Be cautious about eating quantities over the long term. Honey and molasses should be avoided. These sweeteners can even cause rash in the hot summer months of Pitta.

Spices: Use spices listed on shopping list. Widen your selection as you become more acquainted with using them. Example, black pepper can be balanced by combining it with cilantro.

Drinks: A little black tea is okay, however coffee is best avoided. The occasional beer is a better choice than wine. Hard liquor creates too much heat, avoid it as well as salted nut and pretzels (often served in bars, leads to more drinking).

{Inspired by Melanie Sachs' book Ayurvedic Beauty Care}