

# MODERN AYURVEDA

## DISCOVER YOUR DOSHA DIET

Hey, if you are

# PITTA

Prakruthi

PITTA/characteristics/gunas of molten lava are embodied by a combination of the fire and water elements. It is transformational, hot, piercing, light, liquid, mobile, and greasy. You are prone to having an overheated body and mind.



Good



Sometimes



Avoid

VEGGIES	FRUITS	NUTS/SEEDS	DAIRY	ANIMAL	GRAINS
<p>sweet + bitter veggies, opt for cooked varieties. Your strong digestive fire allows you to tolerate raw salads, especially in summer.</p> <p>cooked spinach, corn, olives, leeks, cooked radish, cooked onions, cooked beets</p> <p>tomato, garlic, raw onion, horseradish, eggplant, peppers/capsicums, raw beets, mustard greens, raw spinach</p>	<p>sweet fruits: fresh figs, berries, cherries, purple grapes, mango, dates, apple, pears, sweet melon, prunes, raisins, pomegranate, plums, oranges, coconut, apricot, quince</p> <p>ripe banana, passionfruit, pineapple, avocado, green grapes, kiwi, lime</p> <p>sour fruits, lemon, unripe banana, persimmons, peaches, strawberries, grapefruit, papaya</p>	<p>almonds (soaked and peeled), coconut, flaxseed, psyllium, popcorn, pumpkin seeds, sunflower seeds, coconut, chia</p> <p>almond butter</p> <p>sesame seeds, most nuts: pine nuts, pecans, peanuts, macadamia, cashews, walnuts</p>	<p>ghee, boiled/warm cow's milk, goat's cheese and milk, soft cheeses, natural yoghurt, unsalted butter.</p> <p>fresh and diluted yogurt, icecream</p> <p>hard cheeses, feta cheese, buttermilk, yoghurt (plain, with fruit or frozen), salted butter, sour cream</p>	<p>white meat, freshwater fish, poultry, egg whites, rabbit, venison</p> <p>egg yolks</p> <p>red and dark meats, pork, and all other sea fish/food, shellfish, tuna</p>	<p>basmati/white/red rice, oats, barley, wheat bran, granola, pasta, quinoa, spelt, rice cakes, tapioca, wheat</p> <p>brown rice</p> <p>yeasted breads, rye, sourdough, corn, dry oats, buckwheat, millet</p>
HERBS / SPICES	LEGUMES	BEVERAGES	SWEETENERS	OILS	ALCOHOL
<p>coriander, mint, peppermint, parsley, dill, fennel, licorice, neem, rose, saffron, turmeric</p> <p>cumin, cardamom, sage, caraway, pepper, fresh basil, fresh ginger, tulsi, cinnamon, thyme, vanilla</p> <p>chilli, ajwain, anise, allspice, bay leaf, caraway, cayenne, cloves, fenugreek, garlic, hing, mustard, nutmeg, oregano, paprika, salt, dry ginger</p>	<p>green mung bean, yellow mung bean, most soaked legumes and beans</p> <p>tofu/soy</p> <p>soy sauce, hummus</p>	<p>almond/rice/coconut milk, herbal teas: licorice, fennel, coriander, camomile, mint, boiled water, fresh fruit juices, fresh vegetable juices, aloe juice</p> <p>smoothies, tulsi tea, chai</p> <p>excess coffee, black coffee, black tea, caffeine, iced drinks, pineapple juice, cranberry juice, grapefruit juice</p>	<p>barley malt, fructose, fruit juice concentrate, maple and rice syrups, raw sugar, fruit juice</p> <p>honey</p> <p>molasses, jaggery, white and refined sugars, artificial sweeteners</p>	<p>ghee, coconut, flax, sunflower</p> <p>olive, avocado</p> <p>corn, sesame, vegetable oils, almond, safflower, aerosol packed oils</p>	<p>white wine, champagne, fresh fruit cocktails, lime soda, beer, carbonated drinks, sugary drinks, cider, light spirits</p> <p>hard spirits, red wine</p>

TIPS // // // requires soothing, hydrating, calming, and cooling. Sweet, bitter, and astringent tastes calm the pitta. // aggravating = **savory, sour, and pungent** Never eat on the move; always plan ahead and establish reminders. Eat less fried, spicy, and oily food to reduce your doshas' primary characteristics. To reduce heat without affecting your digestive system, sip coriander seed 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.