

# Food for reducing or preventing a Pitta imbalance

Anthea Black Ayurvedic Consultant and Massage Therapist  
[www.antheasayurveda.com](http://www.antheasayurveda.com)



\* OK in moderation \*\* \*\* OK rarely

## Grains

Good/Yes		Avoid/Reduce	
Barley Bran Granola Quinoa Oats (cooked)	Rice(basmati, white, wild) rice cakes	Bread (yeast) Buckwheat Corn Millet	Oats(dry) Rice (brown)** Rye

## Fruit

- As a general rule sweet fruit is best while sour fruit is best avoided.

Good/Yes		Avoid/Reduce	
Apples(sweet) Berries (sweet) Cherries (sweet) Dates Figs Limes Melons Oranges (sweet)	Pears Pineapple (sweet) Plumbs (sweet) Prunes Raisins	Apples (sour) Bananas Berries (sour) Cherries (sour) Grapefruit Grapes (green)	Lemons Oranges (sour) peaches Pineapple (sour) Plumbs

## Vegetables

- Sweet and bitter vegetables are best with pungent best avoided.

Good/Yes		Avoid/Reduce
Asparagus Beetroot (cooked)* Broccoli cabbage Carrots (cooked)* Cauliflower Celery Cucumber Green beans Leafy greens	Mushrooms Onions (cooked)* peas Capsicum (green) Potato Sprouts Sweet potato Zucchini	Beetroot (raw) Fresh corn** Eggplant Mustard greens Onions (raw) Chilli peppers Spinach (raw), (coked)** Tmatoes

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- **Legumes**

- Most legumes are fine for Pitta.

Good / Yes		Avoid / Reduce
Black beans Chick peas Kidney Beans Lentils Mung Beans	Navy beans Pinto beans Soybeans Soy milk & cheese Tempeh* Tofu	Miso Soy sauce

- **Dairy**

Good / Yes		Avoid / Reduce	
Butter (salted)** Cheese (soft, not aged, unsalted) Cow's milk	Ice cream* Yoghurt (freshly made & diluted)	Butter (salted) Buttermilk Cheese (hard) Sour cream	Yoghurt (plain, with fruit or frozen)

- **Animal Foods**

Good / Yes	Avoid / Reduce
Chicken (white) Eggs (white) Fish (freshwater) Rabbit Prawns* Turkey (white) Venison	Beef Chicken (dark) eggs (yolk) Fish (sea) Lamb & Mutton Pork Turkey (dark)

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- **Condiments**

Good/Yes		Avoid/Reduce	
Black pepper* Chutney (sweet mango)	Rock Salt* Seaweed	Chilli Chocolate Mustard Mayonnaise	Pickles Sea salt Vinegar

- **Nuts**

Good/Yes	Avoid/Reduce
Almonds (soaked & peeled) Coconut	All other nuts

- Nuts are not a good choice for Pitta.

- **Seeds**

Good/Yes	Avoid/Reduce
Flax Psyllium Pumpkin* Sunflower	Sesame Tahini

- **Oils**

Good/Yes		Avoid/Reduce	
Ghee Sunflower Canola	Olive	Almond Apricot Corn	Safflower Sesame

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- Herbal teas

Good / Yes		Avoid / Reduce
Alfalfa Bancha Barley Burdock Chamomile Comfrey Dandelion Fennel Ginger (fresh) Hibiscus Jasmine	Lavender Lemon balm Lemon grass Licorice Marshmallow Mint Nettle Peppermint Raspberry Red clover Spearmint Strawberry	Ajwan Basil** Clove Cinnamon** Fenugreek Ginger (dry) Ginseng Juniper berry Red zinger Rosehips** Sage

- Spices

- Avoid anything hot

Good / Yes	Avoid / Reduce
Black pepper* Cinnamon Coriander Cummin Fennel Ginger (fresh) Saffron Turmeric Vanilla*	Asafoetida / hing Bay leaves Cayenne pepper Cloves Garlic Ginger (dry) Mustard seeds Nutmeg Oregano

- Sweeteners

Good / Yes	Avoid / Reduce
Barley malt Honey* Maple Syrup Rice syrup Natural sugar	Molasses White Sugar**