

Diets for reducing or preventing a Vata imbalance

Anthea Black Ayurvedic Consultant and Massage Therapist
www.antheasayurveda.com



* OK in moderation ** OK rarely

Grains

Gluten free grains are a good choice for vata

Good/Yes	Avoid/Reduce	
Rice (Basmati, Brown, White, Wild) Oats (cooked) Quinoa Wheat	Barley Bran Bead (yeast) Buckwheat** Corn	Granola Oats (dry) Millet No dry cereals Rice cakes** Rye

Fruit

Generally it's best to stay away from dried

fruit and favour sweet fruits.

Good/Yes		Avoid/Reduce
Avocado Banana Cherries Coconut Fresh figs Grapes Grapefruit Lemon Lime Mandarin	Mango Melons (sweet) Papaya Peaches Persimmons Sweet berries Sweet oranges Sweet pineapple Sweet plums	Apples (raw) Cranberry Dried Fruits Pear Pomegranate

Vegetables

In general dried, frozen, raw or dried vegetables

should be avoided.

Good/Yes		Avoid/Reduce	
Asparagus Beetroot Carrots Cucumber Green beans Leafy greens* Lettuce* Jerusalem Artichokes Onions (cooked) Okra Pumpkin	Parsnip Peas(cooked) Pickled Vegetables Sweet Potato Spinach* Sprouts* Zucchini Turnips	Bean sprouts Broccoli Brussels sprouts Cabbage Capsicums Cauliflower Celery Fresh Corn ** Eggplant	Mushrooms Onions (raw) Peas (raw) Potato (white) Tomatoes (raw), (cooked)**

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Legumes

- Beans can be difficult for vata to digest so not recommended

Good/Yes		Avoid/Reduce	
Lentils (red)* Mung beans Soy cheese Soy milk Soy sauce Tofu		Black beans Chick peas Kidney beans Lentils (brown) Miso** Navy beans	Peas (dried) Pinto beans Soy beans Tempeh

Dairy

- Most dairy is good.

Good/Yes		Avoid/Reduce
Buttermilk Butter Cheese (hard)* Cheese (Soft) Cow's milk	Goat's milk Ghee Sour cream* Yoghurt (spiced) *	Ice cream** Powdered milk Yoghurt (plain , with fruit or frozen)

Animal products

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

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- **Condiments**

Good/Yes		Avoid/Reduce
Chilli peppers* Mayonnaise Mustard Pickles	Salt Seaweed Vinegar	Chocolate Horseradish

- **Nuts**

- All nuts are good.

Good/Yes	Avoid/Reduce
All nuts are good in moderation	None

- **Seeds**

Good/Yes	Avoid/Reduce
Flax Pumpkin Sesame Sunflower	Psyllim

- **Oils**

Good/Yes	Avoid/Reduce
Ghee Sesame Olive	Flax seed

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- Herbal teas

Good / Yes		Avoid / Reduce
Ajwan Bancha Camomile Chrysanthemum Cinnamon** Clove Comfrey Elder flower Fennel Fenungreek Ginger (fresh)	Juniper berry Lavender Lemon grass Licorice Marshmallow Orange peel Peppermint Raspberry* Rosehip Saffron Sage	Alfalfa** Barley** Basil** Dandelion Ginseng Hibiscus Jasmine** Lemon balm** Nettle** Red clover Red zinger

- Spices

- All spices are good.

Good / Yes	Avoid / Reduce
All nuts are good	None

- Sweeteners

- Sweet is a great taste for Vata.

Good / Yes	Avoid / Reduce
Barley malt Fructose Fruit juice concentrate Honey Jaggery Molasses Rice syrup Sugar cane	Maple syrup** White sugar