

WOMAN WARRIOR ACADEMY



VATA FOOD PROGRAM

Basic Principles

Qualities to reduce: Cold, light, dry

Best: Sweet, salty, sour

Small Amounts: Astringent, sour

Worse tastes: Bitter, astringent, pungent



GRAINS

It is best to eat these as a cooked grain or an unyeasted bread. Small amounts of yeast breads are all right however.

Best: Amaranth, oats (cooked), quinoa, rice (white or brown), wheat

Small Amounts: Barley, millet

Avoid: Buckwheat, corn flour (chips, bread, and tortillas), dry oats (granola), polenta, rye

DAIRY

It is best to use raw or organic milk. Milk should be taken warm with a small amount of ginger and cardamom.

Best: Butter, buttermilk, kefir, milk, sour cream, yogurt (fresh)

Small Amounts: Hard cheeses

Avoid: Ice cream, frozen yogurt

SWEETENERS

Moderation is important; overuse of even the best sweeteners will increase vata.

Best: Raw, uncooked honey, jaggery (raw sugar), maltose, maple syrup, molasses, rice syrup, sucanat

Small Amounts: Date sugar, grape sugar

Avoid: Brown sugar, white sugar

OILS

Best: Almond, ghee, sesame

Small Amounts: Avocado, castor, coconut, flaxseed, mustard, olive, peanut, sunflower

Avoid: Safflower

FRUITS

Sweeter fruits are best.

Best: Baked apples, apricots, avocados, bananas (ripe), blackberries, cantaloupe, cherries, coconut, cranberry sauce, dates (not dry), figs (fresh), grapefruit, grapes, lemons, mangos, nectarines, oranges, papaya, peaches, pears, persimmons, pineapple, plums, raspberries, strawberries (ripe), tangerines

Small Amounts: Apples (sour is best), pomegranate

Avoid: Dried fruit of any kind, cranberries

VEGETABLES

Cooked vegetables are best because they are easier to digest.

Best: Avocado, beets, carrots (not as a juice), leeks, mustard greens, okra, onions (well cooked), parsnips, shallots, acorn squash, winter squash, sweet potatoes, tomatoes, water chestnuts

Small Amounts: Broccoli, cauliflower, celery, corn, cucumber, eggplant, green beans, kale, medium chilies and hot peppers, mushrooms, potatoes, radishes, seaweed, spinach, sweet peas, zucchini. The following may be eaten uncooked with a creamy or oily dressing: lettuce, spinach, and any leafy green (occasional use only and with a spicy heavy dressing)

Avoid: Alfalfa sprouts, artichokes (unless served with a butter-lemon sauce), asparagus, bean sprouts, Brussels sprouts, cabbage (even cooked), raw vegetables, snow peas

NUTS AND SEEDS

Lightly roasted nuts are best. Dry roasting should be avoided. Salted nuts are fine. Nut butters are highly recommended except for peanut butter.

Best: Almonds

Small Amounts: Cashews, filberts, pecans, piñon, pistachio, pumpkin seeds, sesame seeds, sunflower seeds, and any other nut not mentioned

Avoid: Peanuts