

Kapha Food List

Allowed foods:

- Light grains: millet, barley, buckwheat, corn, quinoa, rye, basmati rice (small portions), wild rice, bulgur, couscous, teff, spelt, oat bran, wheat bran, sprouted bread, matzoh, rice flour, amaranth, brown rice (small)
- Tart fruits: apples (esp. baked), pears, cranberries, pomegranates, apricots, cherries, grapefruit, plums, peaches, strawberries, blueberries, raspberries, blackberries, figs (fresh), persimmon, currants, starfruit, passionfruit, nectarines, guava, mulberries, loquat, medlar, lemon (small), lime (small)
- Bitter, astringent, light veggies: asparagus, Brussels sprouts, leafy greens (arugula, dandelion, kale, collards, spinach, chard, mustard greens, endive), celery, carrots, beets, radishes, artichoke, turnips, cauliflower, onions, mushrooms, leeks, cabbage, broccoli, fennel, eggplant, okra, peas, green beans, rutabaga, bamboo shoots, zucchini, watercress, cress, daikon, scallions, kohlrabi, chicory
- Legumes: lentils (all types), split peas, black beans, navy beans, kidney beans, garbanzo beans, pinto beans, green peas, fava beans, adzuki beans, mung beans (all in moderation), tempeh, tofu (in moderation)
- Spices: black pepper, ginger, turmeric, cumin, mustard seed, chili, cinnamon, clove, fenugreek, cardamom, basil, oregano, thyme, rosemary, cayenne, garlic, saffron, celery seed, dill, sage, paprika, sumac, bay leaf, tarragon, mint, parsley, coriander, marjoram, horseradish (small)
- Raw honey (in moderation), molasses (sparingly)
- Seeds: pumpkin, sunflower, chia, flaxseed, poppy, sesame (small amounts), watermelon, hemp, caraway, nigella, fennel
- Buttermilk, non-fat yogurt (small amounts), kefir (low-fat), skyr
- Grilled, baked, steamed foods (avoid fried), broiled fish or poultry, roasted veggies, stir fry (minimal oil), dry roasting
- White meat: chicken, turkey (grilled or baked), fish (not oily/fatty), quail, rabbit, pheasant
- Herbal teas: ginger, cinnamon, clove, dandelion, licorice, sage, tulsi, nettle, peppermint, green tea (sparingly)
- Rye crackers, rice cakes (in moderation), sprouted grain toast, sourdough bread (in moderation), wasa crackers, Finn Crisp, multigrain crispbread
- Pickled vegetables (with minimal salt), sauerkraut (small amounts), kimchi (small)

- Apple cider vinegar, balsamic vinegar (sparingly), lemon juice (sparingly), lime juice (sparingly)
- Vegetable juice, tomato juice (unsalted), carrot juice, beet juice, wheatgrass juice (small)
- Salsa (non-spicy), chutney (no sugar), relish (non-sweet)
- Roasted chickpeas, roasted edamame, baked falafel
- Salsify, Jerusalem artichoke, okra, lotus root, turnip greens
- Seaweed (dulse, nori, wakame, kombu, small amounts)
- Pickled ginger, pickled radish (non-sweet)
- Radish greens, beet greens, turnip greens, parsley
- Pickled onions, pickled cucumber (unsweetened)

Foods to avoid:

Eat only occasionally:

- Low-fat dairy: low-fat yogurt, kefir, nonfat cottage cheese, buttermilk
- Rice (white or brown), oats (small portions), wheat (small portions), pasta (occasionally)
- Root vegetables: sweet potato, potato, pumpkin, yam, squash, plantain (small amounts, especially in winter)
- Sour fruits: oranges, pineapple, mango, grapes, plums, ripe bananas, figs (fresh), dried fruits (small amounts)
- Ripe avocados (small portion)
- Whole eggs (boiled, small)
- Chicken breast, turkey breast (grilled or baked, not fried)
- Non-oily fish (cod, tilapia, sole) baked or steamed
- Raw nuts and seeds (a handful a week): almonds, walnuts, sunflower seeds, pumpkin seeds
- Olive oil, sunflower oil (sparingly)
- Sourdough bread, rye bread, pita (small slices, infrequently)
- Plain crackers, matzoh, rice cakes (rarely, and never as a main meal)
- Baked or roasted beans and lentils (small portions)
- Tofu and tempeh (grilled or baked, not fried, small portions)
- Raw honey (in moderation)
- Apple cider vinegar, balsamic vinegar, lemon juice, lime juice (for flavor, not as a drink)
- Lightly pickled vegetables (minimal salt, small amount as a condiment)
- Herbal teas with mild natural sweetness
- Couscous, bulgur, farro, spelt, millet (small servings)
- Lightly sautéed greens (kale, collards, chard, spinach, mustard greens)
- Nonfat milk (rarely)

- Unsweetened plant milks (soy, almond, oat, coconut—if not creamy or sweetened)

Never or almost never:

- Full-fat dairy: whole milk, cheese, ice cream, cream, butter, ghee
- Fried foods: French fries, fried chicken, tempura, doughnuts, samosas, pakoras, battered fish, onion rings
- Sweet pastries: cake, brownies, cookies, pie, fudge, éclairs, cinnamon rolls, sweet muffins
- White bread, bagels, croissants, waffles, pancakes, brioche, pita chips, crackers (white flour), pizza dough
- Sugary cereals, granola bars, energy bars, Pop-Tarts
- Processed/junk foods: chips, Doritos, Cheetos, fast food burgers, chicken nuggets, fish sticks, frozen pizza
- Red meat: beef, pork, lamb, duck, bacon, sausage, processed meats (hot dogs, salami, bologna, luncheon meats, pâté, liverwurst)
- Shellfish: shrimp, lobster, crab, clams, oysters, mussels, scallops
- Oily/fatty fish: salmon, sardines, mackerel, herring, anchovies, eel, tuna in oil
- Nut butters: peanut butter, almond butter, tahini, Nutella, chocolate spread
- Rich/fatty desserts: pudding, custard, cheesecake, ice cream, gelato, rice pudding, bread pudding
- Heavy grains: sticky rice, white pasta (large portions), lasagna, creamy risotto, macaroni and cheese
- Bananas (ripe or dried), dates, raisins, mango, jackfruit, sapote, persimmon, papaya, coconut, lychee
- Creamy sauces: Alfredo, hollandaise, béchamel, mayonnaise, aioli, creamy salad dressings, cheese sauce
- Mayonnaise, tartar sauce, ranch, blue cheese dressing
- Honey (large amounts), syrup, molasses, agave, maple syrup, corn syrup
- Sodas, cola, sweetened beverages, sweet teas, lemonade, sports drinks, vitamin waters with sugar
- Iced drinks, frappuccino, iced chocolate, milkshakes, bubble tea
- Alcohol (esp. beer, sweet wine, liqueurs, Baileys, Kahlua)
- Salted, roasted, or flavored nuts/seeds, trail mix, caramel corn
- Pickles (in brine or vinegar, excess salt), olives (salted/brined), miso soup, soy sauce (large amounts)
- Chutneys, ketchup, BBQ sauce, sweet and sour sauce, teriyaki sauce

- Canned soup (creamy or salty), chowder, tinned ravioli, processed cheese foods