

Pitta Food List

Allowed foods:

- Cooling grains: barley, rice (white and brown), wheat, oats, quinoa, amaranth, millet, couscous, bulgur, teff, spelt, cornmeal (polenta)
- Sweet fruits: melons (cantaloupe, watermelon, honeydew), cherries, plums, mangoes, pears, apples, grapes, pomegranates, coconut, kiwi, blueberries, strawberries, avocado, starfruit, lychee, guava, papaya, cranberries, jackfruit, persimmon, dragon fruit, rambutan, fig (fresh), sapote
- Most vegetables: cucumber, asparagus, leafy greens (romaine, kale, collards, dandelion, Swiss chard, endive), broccoli, zucchini, squash, okra, green beans, sweet potatoes, celery, cauliflower, carrots, peas, artichoke, lettuce, fennel, bamboo shoots, snow peas, baby corn, water chestnut, hearts of palm
- Dairy: milk (cow, goat, almond, rice), ghee, unsalted butter, fresh cottage cheese, paneer, yogurt (sweetened, not sour), ricotta, buttermilk, mozzarella, fresh cheeses, Greek yogurt (unsweetened)
- Coconut water, coconut milk, coconut flakes, coconut yogurt, coconut cream (in moderation)
- Beans: mung beans, lentils (red, yellow, split), tofu, garbanzo beans, black-eyed peas, white beans, edamame, peas, pinto beans, green peas, lima beans, navy beans, soybeans (in moderation)
- Mild fresh herbs: cilantro, coriander, fennel, mint, basil, parsley, dill, cumin, turmeric, tarragon, chervil, marjoram, oregano, thyme, lemon balm, sage
- Seeds: sunflower, pumpkin, poppy, chia, hemp, flaxseed, watermelon seeds
- Oils: olive oil, sunflower oil, coconut oil, ghee, flaxseed oil (small amounts), grapeseed oil, hemp oil
- Nuts: almonds (soaked/peeled), pistachios (unsalted), walnuts (in moderation), pecans, macadamia, brazil nuts, pine nuts, chestnuts, hazelnuts, coconut meat (small amounts)
- Herbal teas: rose, mint, hibiscus, fennel, licorice, chamomile, lemon balm, tulsi, passionflower, lavender, dandelion (not too bitter)
- Sprouted bread, pita, flatbread, sourdough bread (in moderation), ciabatta, naan, bagels (small)
- Chia pudding, rice pudding, fruit custard (mildly sweet), mango lassi (not sour)
- Paneer and veggie curries (not spicy), aloo gobi (mild)
- Apple butter, fruit preserves (sweet, not sour), apricot jam

- Dips: raita, tzatziki (without garlic), mild hummus (no garlic/chili)
- Steamed dumplings, momos (vegetable), spring rolls (fresh, not fried)
- Mild salsas (without chili, mild herbs)
- Lemon zest (not juice)
- Steamed tofu, edamame (lightly salted)
- Mild gazpacho, cucumber soup (chilled)

Foods to avoid:

Eat only occasionally:

- Eggs (especially yolks, hard-boiled), in moderation
- Lean white meats: turkey, chicken breast (grilled, never fried or spicy)
- White fish, cod, tilapia (not fried, not spiced)
- Aged cheese (parmesan, gruyère, small amounts only)
- Garlic and onions (in small, cooked amounts)
- Raw nuts (unsalted, not roasted, in small quantities): walnuts, pistachios, pecans
- Tofu and tempeh (not fried, not spicy)
- Green tea, black tea (infrequently, unsweetened, not strong)
- Sour cream, Greek yogurt (unsweetened, small amounts, not sour)
- Mild salsas (no chilies, use cilantro and cucumber)
- Baked goods (unspiced, unsweetened, small portions): muffins, plain bagels, croissants
- Basmati rice (occasionally, with ghee or coconut oil)
- Canned or jarred pickles (not spicy, not vinegar-heavy, small amounts as condiment)

Never or almost never:

- Spicy foods: chilies, jalapeños, hot sauce, Sriracha, horseradish, wasabi, strong mustard, spicy curries
- Excess garlic and onions (raw or fried), chives, leeks, shallots, scallions
- Fermented foods: vinegar, pickles, kimchi, sauerkraut, miso, soy sauce (in excess), kombucha, beer, wine
- Red meat, duck, dark poultry, oily fish: salmon, mackerel, sardines, herring, tuna, shellfish
- Fried foods: French fries, tempura, samosas, pakoras, fried cheese, fried fish
- Aged cheese, blue cheese, feta, Roquefort, strong/salty cheese
- Tomatoes, eggplant, radishes, spinach (large amounts), bell peppers

- Sour fruits: grapefruit, lemon, lime, cranberries, unripe plums, green apples, tamarind
- Coffee, strong black tea, cola, energy drinks, chocolate (especially dark, strong, or with chili)
- Alcohol (especially red wine, spirits, brandy, port, rum, liqueurs)
- Cured, smoked, or salted meats: bacon, ham, prosciutto, jerky, canned fish
- Heavy, oily desserts: cheesecake, rich custard, chocolate pudding
- Deep-fried pastries: doughnuts, fritters, churros
- Spiced chips, chili-lime snacks, spicy crackers
- Molasses, brown sugar, treacle (large amounts)
- Salty condiments: soy sauce (in excess), ketchup, BBQ sauce, steak sauce
- Ice cream (chocolate, coffee, sour flavors)
- Mustard oil, sesame oil (in excess), peanut oil, palm oil
- Artificial sweeteners, diet sodas
- Processed and instant foods: ramen, flavored rice, canned soups (especially tomato or spicy)
- Pickled herring, anchovies, caviar, kippers