

Vata Food List

Allowed foods:

- Warm cooked grains: rice, oats, wheat, quinoa, amaranth, barley, teff, farro, bulgur, cream of wheat, semolina, spelt, kamut, rye (light)
- Cooked root vegetables: carrots, sweet potatoes, beets, turnips, parsnips, rutabaga, pumpkin, yams, taro, Jerusalem artichoke, celeriac, lotus root, salsify, yucca
- Cooked squashes: zucchini, acorn, butternut, spaghetti, delicata, kabocha, yellow squash, chayote, pattypan
- Steamed/roasted vegetables: asparagus, okra, green beans, fennel, cooked spinach, leeks, peas, artichoke hearts, bamboo shoots, sweet corn (cooked), Brussels sprouts (well-cooked), mushrooms, kohlrabi, onions (cooked), celery (cooked)
- Sweet fruits: mango, banana, peaches, apricots, berries (esp. cooked), avocados, papaya, plums, cherries, figs (fresh), dates, raisins (soaked), applesauce, stewed apples and pears, grapes, lychee, persimmon, pomegranate, jackfruit, sapote, custard apple, mulberries
- Dairy: warm milk (cow, goat, almond, sheep), ghee, soft cheese, paneer, yogurt (room temp, mildly sweet), buttermilk, kefir, ricotta, mozzarella, sour cream (small amounts), quark
- Healthy oils: ghee, olive oil, sesame oil, almond oil, avocado oil, flaxseed oil, walnut oil, canola oil (in moderation), coconut oil (in moderation)
- Soaked nuts/seeds: almonds (peeled), cashews, walnuts, pecans, pine nuts, sesame seeds, sunflower seeds, macadamia, pistachios, brazil nuts, chestnuts, hemp seeds
- Soups, stews, broths, dhal, khichari, minestrone, chicken soup, fish stew, chowder, lentil soup (well-cooked)
- Eggs (cooked), omelets, frittata, poached eggs
- Poultry: chicken, turkey, quail (all well-cooked, not fried)
- Fish: freshwater fish, white fish (cod, haddock, tilapia, sole, perch, catfish)
- Warming spices: cinnamon, ginger, cardamom, cumin, fennel, turmeric, coriander, nutmeg, clove, black pepper (mildly), hing (asafoetida), saffron, thyme, rosemary, bay leaf, allspice, dill, oregano, marjoram, tarragon, basil
- Natural sweeteners: honey (in moderation), maple syrup, raw sugar, molasses, jaggery, date syrup, coconut sugar, brown sugar (small amounts)

- Herbal teas: chamomile, licorice, fennel, cinnamon, ginger, tulsi, rosehip, lemon balm, ashwagandha tea, anise, fenugreek, mint (in moderation)
- Whole wheat bread (fresh), tortillas, pancakes (with ghee), muffins (in moderation), sourdough (small), naan, pita bread, croissants (small), crackers (if fresh and lightly oiled)
- Avocado oil mayonnaise, olive tapenade, pesto (without garlic)
- Porridge, rice pudding, custard, semolina desserts, tapioca pudding, bread pudding
- Baked apples, pears, plums, stone fruits
- Mild chutneys (mango, sweet)
- Jams and preserves (mild, not sour)
- Rice noodles, udon noodles (well-cooked, served warm)
- Fresh herbs (basil, oregano, parsley, thyme, rosemary, cilantro—sparingly)
- Warm nut butters (almond, cashew, sunflower), tahini (small amounts)
- Tofu (soft, cooked), tempeh (cooked), seitan (in moderation)
- Plantain (ripe, cooked), yuca fries (baked)
- Lentil pancakes, dosa, idli (with ghee)
- Stuffed grape leaves (without vinegar)
- Oatcakes, scones (fresh, moist)
- Blanched greens, blanched broccoli/cauliflower
- Poached or stewed fruits (with cinnamon, cardamom)
- Mild cheese spreads, cottage cheese (small amounts)
- Pickled vegetables (lightly pickled, without vinegar)
- Lightly sautéed spinach, chard, beet greens

Foods to avoid:

Eat only occasionally:

- Dried fruits (unless soaked): raisins, figs, dates, prunes, cranberries
- Raw leafy greens (small amounts): lettuce, spinach, kale, arugula
- Chilled fruits: apples, pears (fresh, especially in cold weather)
- Bean soups and stews (well-cooked and spiced, small portions)
- Dry baked goods: scones, dry toast, crackers (with ghee), rice cakes (with ghee or nut butter)
- Air-popped popcorn (with oil or ghee, in moderation)
- Cold salads (in hot weather only, never as a meal)
- Fermented foods (lightly pickled, in small amounts): sauerkraut, kimchi, miso, kefir
- Raw honey (in moderation, as sweetener not by the spoonful)

- Caffeinated tea (mildly, green or white, with milk)
- Coffee (with plenty of milk and sugar, rarely)
- Wheat pasta (well-cooked, with sauce and oil)
- Peanut butter (small amount, with ghee or jam)
- Hard cheese (parmesan, romano, small amount on pasta or salads)
- Eggplant, tomatoes (well-cooked, in stews/curries with ghee and spices)
- Cold cereal (with hot milk and honey)

Never or almost never:

- Raw salads and raw vegetables (especially in cold, dry weather)
- Cabbage, cauliflower, broccoli (raw or lightly cooked)
- Brussels sprouts (raw or lightly cooked)
- Excess beans/lentils: black beans, navy beans, kidney beans, soybeans (unless very well-cooked and oiled)
- Rice cakes, dry crackers, dry toast, melba toast, dry granola, muesli
- Puffed cereals, popcorn (dry, air-popped), potato chips, tortilla chips
- Cold foods/drinks: ice cream, frozen desserts, ice water, smoothies, cold yogurt, cold fruit juices, refrigerated leftovers
- Energy drinks, strong coffee, strong black tea, espresso
- Carbonated beverages: soda, sparkling water, tonic, seltzer
- Aged/hard cheeses: cheddar, blue, swiss, gouda, gruyère
- Red meat: beef, lamb, venison, goat, duck, processed meats (sausage, bacon, salami)
- Nightshades: eggplant, tomato, white potato, bell pepper, chili peppers, paprika
- Excess bitter greens: dandelion, collards, arugula, chicory, endive
- Onions and garlic (raw or excessive amounts)
- Radishes, turnips (raw), raw beets, raw celery
- Artificial sweeteners: aspartame, saccharin, sucralose
- Excess alcohol, especially hard liquor, cold beer, dry wine
- Vinegar (straight or in large amounts), pickles, strong mustard, hot sauce
- White bread (dry), dry sandwich bread, stale pastries
- Margarine, vegetable shortening, hydrogenated oils
- Fast food, heavily processed snack foods, candy bars
- Instant noodles, cup-of-soup, ramen (dry)
- Shellfish, sushi, sashimi, smoked fish