



Dr. K's Guide to Mental Health

Anxiety & Depression Module | Dietary Guidance in Ayurveda | Notes



BALANCING VATA THROUGH DIET

	RECOMMENDED	AVOID
VEGETABLES	<ul style="list-style-type: none">Generally want soft vegetables and to cook heavy vegetables. Vatas have weak digestion, so we want to do half the digestive work through cooking.Asparagus (cooked)BeetsButternut squashCarrotsDaikon RadishFenugreek GreensGreen Beans (well cooked)Olives (black and green)Onion (cooked)ParsnipPeppersPotatoPumpkinRadishRutabaga (cooked)WatercressYellow SquashZucchini	<ul style="list-style-type: none">Raw vegetables are going to be hard to digest, especially leafy greens.ArtichokesBeans of all kindsCabbageBeet greensBrussel sproutsBurdock rootCeleryCucumberEggplantJerusalem artichoke
FRUIT	<ul style="list-style-type: none">Generally want heavy, dense, sweet fruits.ApricotAvocadoBananasBerries (all)CherriesDatesFigsGrapefruitGrapesKiwi (ripe)LemonLimeMangoMelonsOrangesPapayaPears (ripe)MangoesPrunes (ripe)PeachesPineapplesPlumsCoconut	<ul style="list-style-type: none">Dried fruitsCranberriesPomegranateQuinceRaisin
DAIRY	<ul style="list-style-type: none">Butter milkCow's milkBuffalo milkSoft cheeseGoat cheeseYogurt	<ul style="list-style-type: none">Condensed milk
MEAT	<ul style="list-style-type: none">BeefChickenLambPorkRed snapperSwordfishTurkeyTuna	
GRAIN	<ul style="list-style-type: none">Grains should be cooked well.AmaranthOatsRiceWheatWild riceSourdough bread	<ul style="list-style-type: none">Avoid dry, undercooked or uncooked grains. and leavened breadsBuckwheatMilletOatsGranolaQuinoa



Dr. K's Guide to Mental Health

Anxiety/Depression Module | Dietary Guidance in Ayurveda | Notes



BALANCING PITTA THROUGH DIET

	RECOMMENDED	AVOID
VEGETABLES	<ul style="list-style-type: none">Sweet, bitter vegetables are preferred. Leafy greens are good. These can be raw.ArtichokeAsparagusBeets (cooked)Bitter melonBroccoliBrussels sproutsCabbageCarrots (cooked)Carrots (raw)CauliflowerCelery	<ul style="list-style-type: none">Avoid vegetables that are "spicy" or have a "bite" to them.Beet greensBeet (raw)Burdock rootCorn (fresh)Daikon radishEggplantGarlicGreen chiliesHorseradishKohlrabiLeeks (raw)Mustard greensOlives, greenOnions (raw)Peppers (hot)Prickly pear (fruit)Radishes (raw)Spinach (cooked or raw)TomatoesTurnip greensTurnips
FRUIT	<ul style="list-style-type: none">Sweet, cool fruits are ideal. Dry fruits also OK.Apples (sweet)ApplesauceApricots (sweet)AvocadoBerries (sweet)Cherries (sweet)CoconutDatesFigsGrapes (red & purple)LimesMangoes (ripe)MelonsOranges (sweet)PapayaPearsPineapple (sweet)Plums (sweet)PomegranatesPrunesRaisinsStrawberriesWatermelon	<ul style="list-style-type: none">Sour fruit.Apples (sour)Apricots (sour)BananasBerries (sour)Cherries (sour)CranberriesGrapefruitGrapes (green)KiwiLemonsMangoes (green)Oranges (sour)PeachesPersimmonsPineapple (sour)Plums (sour)RhubarbTamarind
DAIRY	<ul style="list-style-type: none">Best to avoid dairy, but goat milk is acceptable.YogurtButter (unsalted)Cheese (soft, unaged)Cottage cheeseCow's milkGheeGoat's milkGoat's cheeseIce creamYogurt (fresh & diluted)	<ul style="list-style-type: none">Avoid high fat, dense dairies.Butter (salted)ButtermilkCheese (hard)Sour cream
MEAT	<ul style="list-style-type: none">Generally white-meat, fish, and traditionally "healthy" proteins.Chicken (white meat)Eggs (albumen or white only)Fish (freshwater)RabbitShrimpTurkey (white meat)Venison	<ul style="list-style-type: none">Avoid dark meat, red meat, or high-fat meats.BeefChicken (dark meat)DuckEggs (yolk)Fish (salt-water)LambPorkSalmonSardinesSeafoodTurkey (dark meat)
GRAIN	<ul style="list-style-type: none">High fiber grains are very manageable.AmaranthBarley CerealDry Couscous CrackersDurham flourGranolaOat bran Oats (cooked)PastaQuinoaRice (basmati, white, or wild)Rice cakesSpeltSprouted wheat breadTapiocaWheat	<ul style="list-style-type: none">Avoid easily digestible, simple carbohydratesBread (with yeast)BuckwheatCornMillet MuesliOats (dry)PolentaRice (brown)Rye



Dr. K's Guide to Mental Health

Anxiety/Depression Module | Dietary Guidance in Ayurveda | Notes



BALANCING KAPHA THROUGH DIET

	RECOMMENDED	AVOID
VEGETABLES	<ul style="list-style-type: none">• Vegetables that are bitter, spicy, crisp.• Artichoke• Asparagus• Beet greens• Beets• Bitter melon• Broccoli• Brussels sprouts• Cabbage• Carrots• Cauliflower• Celery• Cilantro• Cilantro• Corn• Daikon radish• Dandelion greens• Eggplant• Fennel (Anise)• Garlic• Green beans• Green chilies• Horseradish• Jerusalem artichoke• Kale	<ul style="list-style-type: none">• Avoid sweet, gooey, juicy vegetables.• Sweet potato• potato• pumpkin• Cucumber• Taro• Tomato (raw)
FRUIT	<ul style="list-style-type: none">• Astringent and sour fruit are good. Citrus is excellent.• Apples• Applesauce• Apricots• Berries• Cherries• Cranberries• Figs (dry)• Grapes• Lemons• Limes• Peaches• Pears• Persimmons• Pomegranates• Prunes• Raisins• Strawberries	<ul style="list-style-type: none">• Avoid thick, sweet, heavy, gooey fruit.• Avocado• Bananas• Coconut• Dates• Figs (fresh)• Grapefruit• Kiwi• Mangoes• Melons
DAIRY	<ul style="list-style-type: none">• Sour, light dairy is good for kapha• Buttermilk• Cottage cheese (from skimmed goat's milk)• Ghee• Goat's cheese (unsalted & not aged)• Goat's milk, skim• Yogurt (diluted)	<ul style="list-style-type: none">• Avoid heady, dense, thick dairy.• Butter• Cheese (soft & hard)• Cow's milk• Ice cream• Sour cream• Yogurt (plain)
MEAT	<ul style="list-style-type: none">• White meat poultry, fish, light proteins• Chicken (white meat)• Eggs• Fish (freshwater)• Rabbit• Shrimp• Turkey (white)• Venison	<ul style="list-style-type: none">• Avoid heavy, calorie-dense, high-fat meats• Beef• Chicken (dark meat)• Duck• Fish (salt-water)• Lamb• Pork
GRAIN	<ul style="list-style-type: none">• Dry, light grains• Amaranth• Barley• Buckwheat• Cereal (cold, dry or puffed)• Corn• Couscous• Granola• Millet• Muesli• Oat bran Oats (dry)• Polenta• Quinoa• Rice (basmati, wild)• Rye• Sprouted wheat bread• Tapioca• Wheat bran	<ul style="list-style-type: none">• Avoid simple carbohydrates• Bread (with yeast)• Oats (cooked)• Pancakes• Pasta• Rice (brown, white)• Rice cakes• Wheat