

## By The Dosha: What to Skip & What to Choose for Seasonal Self-Care Remedies by Susan Weis-Bohlen

	VATA		PITTA		KAPHA	
	Skip	Choose	Skip	Choose	Skip	Choose
<b>FRUITS</b>	<b>Abstain from dried, sour, unripe fruits and berries</b> Apples (raw, sour) Cranberries Dates (dried) Figs (dried) Pears Persimmons Pomegranates Prunes dry Raisins Watermelon (can be had in moderation in hot weather)	<b>Favor sweet, juicy fruits</b> Apples (cooked) Applesauce Apricots (fresh) Avocado Bananas (ripe) Berries Cherries Coconut Dates (fresh) Figs (fresh) Grapefruit Grapes Kiwi Lemons Limes Mangoes Melons Oranges Papaya Peaches Pineapple Plums Prunes (cooked or soaked) Raisins (soaked) Rhubarb Strawberries Tamarind	<b>Abstain from sour, dry fruits</b> Apples (sour) Apricots (sour) Bananas (unripe) Berries (sour) Cherries (sour) Cranberries Grapefruit Green Grapes Kiwi (sour) Lemons Mangoes (green) Oranges (sour) Peaches (unripe) Persimmons Pineapple (sour) Plums (sour) Rhubarb Tamarind	<b>Favor sweet and juicy fruits</b> Apples (sweet) Applesauce Apricots (sweet) Avocado Berries (sweet) Coconut Dates Figs Grapes (red & purple) Kiwi (sweet) Limes Mangoes (ripe) Melons Oranges (sweet)* Papaya* Pears Pineapple (sweet)* Plums (sweet) Pomegranates Prunes Raisins Strawberries* Watermelon	<b>Abstain from sweet, overly ripe &amp; sour fruits</b> Avocado Bananas Coconut Dates Figs (fresh) Grapefruit Kiwi Mangos Melons Oranges Papaya Pineapple Plums Rhubarb Tamarind Watermelon	<b>Favor slightly unripe, astringent fruit</b> Apples Applesauce Apricots Berries Cherries Cranberries Figs (dried)* Grapes* Lemons Limes Peaches* Pears Persimmons Pomegranates Prunes Raisins Strawberries*

VEGGIES	Abstain from raw vegetables	Favor cooked veggies	Abstain from pungent, spicy, veggies	Favor sweet & bitter veggies	Abstain from sweet & juicy veggies	Favor pungent & bitter veggies
	<b>Artichoke</b> Beet greens** Bell Peppers Bitter melon Broccoli Brussels sprouts Burdock root Cabbage (raw) Cauliflower Celery Corn Dandelion greens Eggplant Horseradish** Kale Kohlrabi Mushrooms Olives, green Onions (raw) Peas (raw) Peppers, sweet & hot Popcorn Potatoes, white Radish (raw) Squash, winter Swiss chard Tomatoes (cooked)** Tomatoes (raw)	Artichoke Asparagus Beets Cabbage* (cooked) Carrots (cooked) Cilantro Chilies Cucumber Daikon radish* Fennel (Anise) Garlic (cooked) Green beans (cooked) Green chilies Jerusalem artichoke* Leafy greens* (all greens cooked with oil) Leeks Lettuce* (with warm food) Mustard greens* Okra Olives, black Onions (cooked)* Parsley* Parsnip Peas (cooked) Potatoes, sweet Pumpkin Radishes (cooked)*	Beet greens Beets (raw) Burdock root Corn (fresh)** Daikon radish Eggplant** Garlic Green chilies Horseradish Kohlrabi ** Leeks (raw) Mustard greens Olives, green Onions (raw) Peppers (hot) Pop corn Turnip greens* Watercress Prickly pear (fruit) Radishes (raw) Spinach (raw & cooked) Tomatoes Turnips	Artichoke Asparagus Beets (cooked) Bitter melon (kerala) Broccoli Brussels sprouts Cabbage Carrots (cooked) Carrots (raw)* Cauliflower Celery Cilantro Cucumber Dandelion greens Fennel (Anise) Green beans Jerusalem Kale Leafy greens Leeks (cooked) Lettuce Mushrooms Okra Olives, black Onions (cooked) Parsley Parsnips Peas	Cucumber Olives, black or green Parsnips** Potatoes, sweet Pumpkin Squash, summer Taro root Tomatoes (raw) Zucchini	<b>Artichoke</b> Asparagus Beet greens Beets Bitter melon (kerala) Broccoli Brussels sprouts Burdock root Cabbage Carrots Cauliflower Celery Cilantro Corn Daikon radish Dandelion greens Eggplant Fennel Garlic Green beans Green chilies Horseradish Jerusalem artichoke Kale Kohlrabi Leafy greens Leeks Lettuce Microgreens

<b>VEGGIES</b>	Turnips Wheat grass	Rutabaga Shallots Spaghetti squash* Spinach (cooked)* Sprouts* Summer, winter Squash Taro root Turnip greens* Watercress Zucchini		Peppers, sweet Potatoes, sweet & white Pumpkin Rutabaga Shallots Spaghetti squash Sprouts (not spicy) Squash, winter, summer Swiss chard Taro root Watercress* Wheat grass, Zucchini		Mushrooms Mustard greens Okra Onions Parsley Peas Peppers, sweet & hot Potatoes, white, purple. Red Pop corn Radishes Radish Greens Rutabaga Shallots Spaghetti squash* Spinach Sprouts Squash, winter Swish chard Tomatoes (cooked) Turnip greens Turnips Watercress Wheat grass Zucchini
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<b>GRAINS</b>	<p><i>Avoid cold, dry and puffed cereals</i>          Barley Bread w/ yeast          Buckwheat          Cereals (cold, dry or puffed)          Corn          Couscous          Crackers          Granola Millet          Muesli          Oat bran          Oats (dry)          Polenta**          Rice cakes**          Rye          Spelt Tapioca          Wheat bran</p>	<p>Amaranth*          Durham flour          Oats (cooked)          Pancakes          Pasta          Quinoa          Rice (all kinds)          Seitan          Sprouted wheat          Sprouted grain bread          Wheat</p>	<p>Amaranth          Buckwheat          Millet          Oats (dry)          Polenta**          Quinoa          Rice (wild, brown)**          Rye          Teff</p>	<p>Barley          Oats (cooked)          Couscous          Crackers          Durham flour          Granola          Oat bran          Oats (cooked)          Pancakes          Pasta          Rice (basmati, white, wild)          Rice cakes          Seitan          Spelt          Sprouted wheat          Sprouted grains          Tapioca          Wheat          Wheat bran</p>	<p>Bread w/ yeast          Oats (cooked)          Pancakes          Pasta**          Rice (brown)          Wheat</p>	<p>Amaranth*          Barley Buckwheat          Cereal (cold, dry or puffed)          Corn          Couscous          Crackers          Durham flour* Granola          Millet          Muesli          Oat bran          Oats (dry) Polenta          Quinoa          Rice (basmati, wild)*          Rice cakes          Rye          Seitan (wheat meat)          Spelt*          Sprouted wheat          Sprouted grain bread          Tapioca          Teff          Wheat bran</p>
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<b>LEGUMES</b>	Black beans Black-eyed peas Chick peas (garbanzo beans) Kidney beans Lentils (brown) Lima beans Miso** Navy beans Peas (dried) Pinto beans Soy beans Soy flour Soy powder Split peas Tempeh White beans	<i>Soak dried beans at least 8 hours</i> Aduki beans Hummus with tahini Lentils (black, red)* Mung beans Mung dal Tofu* Tur dal Urad dal	Lentils (black, red) Miso Soy products Tur dal Urad dal	Aduki beans Black beans Black-eyed peas Chick peas (garbanzo beans) Hummus Kidney beans Lima beans Mung beans Mung dal Navy beans Peas (dried) Pinto beans Satain Split peas Tempeh White beans	Lentils (black) Kidney beans Urad dal Miso Satain Tempeh Tofu (raw) Urad dal	Aduki beans Black beans Black-eyed peas Chick peas (garbanzo beans) Hummus Lentils (red, brown) Lima beans Mung beans* Mung dal* Navy beans Peas (dried) Pinto beans Split peas Tofu (cooked) Turn Dal White beans
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<p><b>DAIRY:</b> try to use only organic, and not ultra-pasteurized. Raw is best, or just homogenized.</p>	<p>Cheese aged Coconut milk Powdered milk Frozen yogurt Frozen dairy Fruit yogurt</p>	<p>Almond Milk Butter Butter milk Cheese (fresh) Cottage cheese Cow's milk Ghee Goat's cheese Goat's milk Macadamia Nut Milk Oat Milk (All Nut Milks) Paneer Sour cream* Yogurt (diluted &amp; spiced)*</p>	<p>Butter (salted) Buttermilk Cheese (hard, aged) Sour cream Yogurt (flavored, plain, frozen or w/fruit)</p>	<p>Butter (unsalted) Cheese (fresh, not aged, unsalted) Cottage cheese Coconut milk Cow's milk Ghee Goat's milk Goat's cheese (soft, unsalted) Hemp milk (all seed milk) Ice cream Oat milk Yogurt (diluted and spiced)</p>	<p>Butter (salted) Butter (unsalted) Cheese (aged &amp; hard) Coconut milk Cow's milk Frozen dairy Sour cream Yogurt (plain, frozen or w/fruit)</p>	<p><i>All in moderation</i> Buttermilk Cottage cheese Ghee Goat's cheese (unsalted &amp; not aged)* Goat's milk Hemp milk Oat milk Yogurt (diluted and spiced)</p>
<p><b>ANIMAL FOODS &amp; Vegan Substitutes</b> Avoid most alternative "meat" products. These "plant-based meats" can contain laboratory made meat substitutes that – at the worst - may be harmful to you, and - at the least - are no better than junk food.</p>	<p>Beef Lamb Pork Rabbit Venison</p>	<p>Buffalo Chicken (dark) Chicken (white)* Duck Eggs Fish (freshwater or sea) Salmon Sardines Seafood Shrimp Tuna Turkey</p>	<p>Beef Chicken (dark) Duck Eggs (yolk) Fish (sea) Lamb Pork Salmon Sardines Seafood Tofu Tuna Turkey (dark)</p>	<p>Buffalo Chicken (white) Eggs (white only) Fish (freshwater) Rabbit Shrimp* Tempeh* Tofu * Turkey (white) Venison</p>	<p>Beef Buffalo Chicken (dark) Duck Fish 9 salmon, (fresh water) Lamb Pork Sardines Seafood Tuna (light in oil) Turkey (dark)</p>	<p>Chicken (white) Eggs* Rabbit Tempeh* Tofu * Tuna (white in water) Turkey (white) Venison*</p>

<b>CONDIMENTS</b>	Chocolate Horse radish	Black pepper* Chutney, mango (sweet or spicy) Chili peppers* Coriander leaves* Dulse Gomasio Hijiki Kelp Ketchup Kombu Lemon Lime Lime pickle Mango pickle Mayonnaise Mustard Pickles Salt Scallions Seaweed Soy sauce Sprouts* Tamari Vinegar	Chili pepper Chocolate Chutney, mango (spicy) Gomasio Horseradish Kelp Ketchup Mustard Lemon pickle Lime pickle Mango pickle Mayonnaise Pickles (garlic) Salt (in excess) Scallions Soy sauce Vinegar	Black pepper* Chutney, mango (sweet) Coriander leaves Dulse* Hijiki* Kombu* Lime* Pickles (sweet) Sprouts Salt* Seaweed* Tamari*	Chocolate Chutney, mango (sweet) Gomasio Kelp Ketchup** Mango pickle Mayonnaise Pickles Salt Soy sauce Tamari	Black pepper Chili Peppers Chutney, mango (spicy) Coriander leaves Dulse* Hijiki* Horseradish Lemon pickle Lime pickle Mustard (without vinegar) Scallions Seaweed* Sprouts
<b>NUTS &amp; NUT BUTTERS</b>	None	Almonds Almond Butter (all nut butters) Black walnuts Brazil nuts Cashews	Almonds (with skin) Black walnuts Brazil nuts Cashews	Almonds (soaked and peeled) Coconut	Almonds (soaked and peeled)** Black walnuts Brazil nuts Cashews Coconut	

	VATA		PITTA		KAPHA	
	Skip	Choose	Skip	Choose	Skip	Choose
		Cashew Butter Coconut Coconut spread Coconut cream  Filberts Hazelnuts Hazelnut spread Macadamia nuts  Peanuts Peanut butter (unsweetened or lightly sweetened, salted ok) Pecans Pine nuts Pistachios Walnuts	Filberts Hazelnuts  Macadamia nuts Peanuts Peanut butter Pecans  Pine nuts  Pistachios Walnuts	Coconut Coconut spread Coconut cream	<i>Abstain from most nuts</i>  Almonds Filberts Hazelnuts Macadamia nuts  Peanuts Peanut butter Pecans  Pine nuts Pistachios Walnuts	
<b>SEEDS AND SEED BUTTERS</b>	Popcorn  Psyllium	Chia  Flax Halva Pumpkin Sunflower seed butter Sunflower Sesame Sunflower Tahini	Chia  Sesame Tahini	Flax Halva Popcorn (no salt, buttered) Psyllium Pumpkin* Sunflower	Halva  Sesame Tahini	Chia Flax Popcorn (spiced, no or low salt, no butter) Pumpkin Sunflower Sunflower butter



<p><b>OILS: Know your high heat and your never-to-heat oils</b>  <b>Never heat: (store in fridge)</b>  Flax  Hemp  <b>Low heat:</b>  olive  <b>Medium heat:</b>  coconut  <b>High heat:</b>  avocado  ghee  safflower  sesame  sunflower  toasted sesame  walnut</p>	Flax seed Canola Corn Palm	Almond Avocado Coconut Ghee Olive Safflower Sunflower Sesame Walnut	Almond Apricot Canola Corn Palm Safflower Sesame	Avocado Coconut Ghee Olive Sunflower Flax seed Primrose Walnut	Avocado Apricot Coconut Corn Flax seed** Olive Palm Safflower Sesame Walnut	<i>All oil in small amounts</i> Almond Ghee Flax Hemp Sesame Sunflower
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<b>BEVERAGES</b>	Alcohol (spirits; red wine) Apple juice Black tea Caffeinated beverages Carbonated drinks Chocolate milk Coffee Cold dairy drinks Cranberry juice Iced tea Icy cold drinks Pear juice Pomegranate juice Prune juice Soy milk Tomato juice	Alcohol (beer; sweet white wine)* Almond milk Aloe vera juice Apple cider Apricot juice Berry juice (except for cranberry) Carob* Carrot juice Chai (hot spiced milk) Cherry juice Grain chicory "coffee" Grape juice Grapefruit juice Lemonade Mango juice Miso soup Orange juice Papaya juice Peach nectar Pineapple juice Rice milk Sour juices Soy milk (hot & well-spiced)* Vegetable bouillon	Alcohol (spirits; red & sweet wine) Apple cider Berry juice (sour) Caffeinated beverages Carbonated drinks Carrot juice Cherry juice (sour) Chocolate milk Coffee Cranberry juice Grapefruit juice Iced tea Icy cold drinks Lemonade Papaya juice Pineapple juice Tomato juice V-8 juice Sour juices	Alcohol (beer; dry white wine)* Almond milk Aloe vera juice Apple juice Apricot juice Berry juice (sweet) Black tea* Carob Chai (hot, spiced milk)* Cherry juice (sweet) Cool dairy drinks Grain chicory "coffee" Grape juice Mango juice Miso broth Orange juice* Peach nectar Pear juice Pomegranate juice Prune juice Rice milk Vegetable bouillon	Alcohol (spirits; beer; sweet wine) Almond milk Bottled fruit and veg juices Caffeinated beverages** Carbonated drinks Cherry juice (sour) Chocolate milk Cold dairy drinks Grapefruit juice Chilled tea Lemonade Miso broth Orange Juice Papaya juice Rice milk Soy milk Tomato juice	<i>All fruit juice in moderation</i> Alcohol (dry wine, red or white)* Aloe vera juice Apple cider Apple juice* Apricot juice Berry juice Black tea (spiced) Carob Carrot juice Chai (hot, spiced milk or vegan)* Cherry juice Coffee * Cranberry juice Grain chicory "coffee" Pineapple juice* Pomegranate juice Prune juice
<b>HERBAL TEAS</b>	Alfalfa** Barley** Basil** Blackberry Borage**	Ajwan Catnip* Chamomile Chicory*	Ajwan Basil** Clove Eucalyptus Fenugreek	Alfalfa Barley Blackberry Borage	Licorice** Marshmallow Red Zinger Rosehip**	Alfalfa Barley Blackberry Burdock

	VATA		PITTA		KAPHA	
	Skip	Choose	Skip	Choose	Skip	Choose
<b>HERBAL TEAS</b>	Burdock Cinnamon** Cornsilk Dandelion Ginseng Hibiscus Hops** Jasmine** Lemon balm** Mormon tea Nettle** Passion flower** Red clover** Red Zinger** Violet** Yarrow Yerba Mate**	Chrysanthemum* Clove Comfrey Elder Flower Eucalyptus Fennel Fenugreek Ginger (fresh) Hawthorne Juniper berry Lavender Lemon grass Licorice Marshmallow Oat straw Orange peel Pennyroyal Peppermint Raspberry* Rosehips Saffron Sage Sarsaparilla Sassafras Spearmint Strawberry* Wintergreen*	Ginger (dry) Ginseng Hawthorne Juniper berry Mormon tea Pennyroyal Red Zinger Rosehip** Sage Sassafras Yerba Mate	Burdock Catnip Chamomile Chicory Comfrey Dandelion Fennel Ginger (fresh) Hibiscus Hops Jasmine Lavender Lemon balm Lemon grass Licorice Marshmallow Nettle Oat Straw Passion flower Peppermint Raspberry Red clover Sarsaparilla Spearmint Strawberry Violet Wintergreen Yarrow		Chamomile Chicory Cinnamon Clove Comfrey* Dandelion Fennel* Fenugreek Ginger Ginseng* Hibiscus Jasmine Juniper berry Lavender Lemon balm Lemon grass Mormon tea Nettle Passion flower Peppermint Raspberry Red clover Sarsaparilla* Sassafras Spearmint Strawberry Wintergreen Yarrow Yerba Mate
<b>SPICES</b>		<i>All spices are good</i> Ajwan Allspice Almond extract	<i>Avoid Heating spices</i> Ajwan Allspice Almond extract Anise	Basil (fresh) Black pepper* Caraway* Cardamom*		<i>All spices are good</i> Ajwan Allspice Almond extract

Anise	Asafoetida (hing)	Cinnamon	Anise
Asafoetida (hing)	Basil (dry)	Coriander	Asafoetida (hing)
Basil	Bay leaf	Cumin	Basil
Bay leaf	Cayenne	Dill	Bay leaf
Black pepper	Cloves	Fennel	Black pepper
Caraway	Fenugreek	Ginger (fresh)	Caraway
Cardamom	Garlic	Mint	Cardamom
Cayenne*	Ginger (raw, dry)	Neem leaves*	Cayenne
Cinnamon	Horseradish	Orange peel*	Cinnamon
Cloves	Mace	Parsley*	Cloves
Coriander	Marjoram	Peppermint	Coriander
Cumin	Mustard seeds	Saffron	Cumin
Dill	Nutmeg	Sea Salt	Dill
Fennel	Oregano	Spearmint	Fennel*
Fenugreek*	Paprika	Tarragon*	Fenugreek
Garlic	Pippali	Turmeric	Garlic
	Poppy seeds	Vanilla*	
	Onions, raw		
	Oregano		
	Poppy seeds		
Ginger	Rosemary	Wintergreen	Ginger
Marjoram	Sage		Himalayan Salt
Mint	Himalayan Salt		Marjoram
Mustard seeds	Savory		Mint
Nutmeg	Star anise		Mustard seeds
Orange peel	Tarragon		Neem leaves
Oregano	Thyme		Nutmeg
Paprika			Orange peel
Parsley			Oregano
Peppermint			Paprika
Pippali			Parsley
Poppy seeds			Peppermint
Rosemary			Pippali
Saffron			Poppy seeds
Sea Salt			Rosemary
Savory			Saffron
Spearmint			Savory
Star anise			Sea Salt *
			Spearmint
			Star Anise

**Sweeteners**

<b>Vata Skip</b>	<b>Vata Choose</b>	<b>Pitta Skip</b>	<b>Pitta Choose</b>	<b>Kapha Skip</b>	<b>Kapha Choose</b>
White sugar	Brown rice and Marely malt syrup Florida crystals Raw honey Jaggery Maple syrup Sucanat	Raw honey Jaggery Molasses White sugar	Brown rice and Marely malt syrup Maple syrup Coconut Palm sugar Sucanat Sugar cane juice	Brown rice and Marely malt syrup Coconut palm sugar Maple syrup Sucanat	Florida crystals Raw honey