

*Ayurvedic Healing*

# PITTA FOOD PROGRAM

## E-GUIDE

*When diet is wrong, medicine is of no use.  
When diet is correct, medicine is of no need.  
~Ayurvedic proverb*





# TASTES



*Best*

Sweet  
Bitter  
Astringent

*Avoid*

Pungent (hot)  
Sour  
Salty



# PROTOCOL

## Foods listed as:

“Best” can be eaten without reservation on a daily basis.

“Small Amounts” can be eaten in small portions fairly often or in larger portions once or twice per week.

“Avoid” should be eaten only on rare occasions.

Remember, it is not what you do once in a while that matters. Long-term habits determine your health. Healthy habits create a healthy life. Unhealthy habits lead to an unhealthy life.





# Grains

It is best to eat these as a cooked grain or an unyeasted bread. Small amounts of yeast breads are all right however. Grains should make a large portion of the diet.

**Best:** Barley, white basmati rice, millet, oats, white rice, wheat, whole wheat

**Small Amounts:** Brown rice (only in acute pitta conditions, otherwise it can be used often)

**Avoid:** Buckwheat, corn flour

# Dairy

It is best to use raw or organic milk. Milk should be taken warm with a small amount of ginger and cardamom.

**Best:** Unsalted butter, cottage cheese, cream cheese, ghee, milk

**Small Amounts:** Hard, non-salted cheeses

**Avoid:** Buttermilk, salted cheeses, sour cream, kefir, cultured milks, yogurt

# Sweeteners

**Best:** Maltose, maple syrup, rice syrup

**Small Amounts:** Dextrose, fructose, honey, table sugar

**Avoid:** Molasses, raw sugar





# Oils

Best: Ghee, olive oil

Small Amounts: Avocado, canola, corn, coconut, soy, sunflower

Avoid: Almond, castor, flaxseed, margarine, mustard, peanut, safflower, sesame

# Fruits

Sweet and ripe fruits are best. Avoid sour fruit.

Best: Apples, avocados, blackberries, blueberries, cantaloupe, coconut, cranberries, dates, dried fruit, figs, grapes, lemons, limes, nectarines, pineapple, prunes, raisins, raspberries, strawberries

Small Amounts: Apricots, bananas (very ripe only), cherries, grapefruit, oranges, pineapple

Avoid: All sour fruits, such as sour oranges (mandarin), sour pineapple, sour plums, papaya, olives, tangerines, and all unripe fruit

# Vegetables

Vegetables are best eaten fresh. You may eat large amounts. Eat them cooked in the winter or if digestion is weak. Eat them raw in the summer if your digestion is strong. Fresh green vegetable juices are very good. Those with arthritis should avoid all nightshades.





**Best:** Alfalfa sprouts, artichoke, asparagus, bean sprouts, bell peppers, bitter melon, broccoli, Brussels sprouts, cabbage, cauliflower, celery, cilantro, cress, cucumber, green peppers, kale, leafy greens, lettuce, mushrooms, onions (well cooked), peas, pumpkin, seaweed, squash, zucchini

**Small Amounts:** Avocado, beets, carrots, corn, eggplant, garlic (well cooked), parsley, potatoes, spinach, sweet potatoes, vine-ripened tomatoes

**Avoid:** Chilies, hot peppers, mustard greens, onion (raw), radishes, tomato paste, tomato sauce and any hot or pungent vegetable

## Nuts and Seeds

**Best:** Coconut, sunflower, pumpkin seeds

**Small Amounts:** Piñon nuts, sesame seeds

**Avoid:** All sour fruits, such as sour oranges (mandarin), sour pineapple, sour plums, papaya, olives, tangerines, and all unripe fruit

## Meats

If you choose to eat meat, limit consumption to 2-3 times per week.

**Best:** Chicken, egg whites, fresh water fish (trout), turkey

**Small Amounts:** Beef, duck, egg yolk, lamb, pork, sea fish, venison, any other red meat





# Legumes

**Best:** Black lentils, chickpeas, mung beans, split peas, soybeans (soy products), tofu

**Small Amounts:** Aduki beans, kidney beans, navy beans, pinto beans

**Avoid:** Red and yellow lentils

# Spices

When spicing, the overall spiciness is more important than individual spices. Even some “Avoid” spices can be used if balanced with other spices on the “Best” list. For pitta, food should be spiced mild to moderate and never very hot or bland.

**Best:** Cardamom, catnip, chamomile, coconut, coriander, dill, fennel, lemon verbena, peppermint, saffron, spearmint, turmeric

**Small Amounts:** Basil, bay leaf, black pepper, caraway, cinnamon, cumin, ginger (fresh), oregano, rosemary, thyme

**Avoid:** Anise, asafoetida, calamus, Cayenne pepper, cloves, fenugreek, garlic (raw), ginger (dry), horseradish, hyssop, marjoram, mustard seeds, nutmeg, poppy seeds, sage, star anise





# Condiments

**Best:** Carob sweetened with the best sweeteners noted above

**Small Amounts:** Mayonnaise, sweet mustards

**Avoid:** Chocolate, salt, vinegar

# Beverages

**Best:** Five cups of water per day. Bitter and astringent herb teas such as alfalfa, chicory, dandelion, hibiscus, and strawberry leaf. These can be found in grain beverages such as Sipp, Pero, Inka and Cafix. Milk, wheat grass juice. Try the Pitta tea available at the front desk.

**Small Amounts:** Chai tea or black tea, diluted fruit juice with one-half water

**Avoid:** Alcohol, carbonated water, coffee, sweet fruit juices, spicy herb teas, soft drinks, tomato juice

# Seeds and Herbs

**Best:** licorice root, fennel seed, coriander seed, mint leaf, cardamom seed, alfalfa leaf, chamomile flowers, jasmine flowers, lavender flowers, rose buds, rose hips





# Teas and Recipes

## Rose Coriander Tea

Add 1 tbsp. rose petals  
and 1/2 tsp. coriander  
seeds to ½ liter boiling water

## Alfalfa Burdock Mint Tea

Steep alfalfa, burdock root and  
mint teas in hot water.  
Drink up to 3 cups a day.

## Licorice Peppermint Tea

(Cooling & calming)

1 tsp Dried Mint Leaves  
1 tsp Dried Licorice Root  
2 c Pure water

1. Place licorice root and mint leaves in a tea pot.
2. Pour 2 cups of boiling water over licorice and mint.
3. Allow to steep for 5 minutes.

Information adapted by ©California College of Ayurveda



# Who is Khim?



KhimLim.com

*Khim found her conscious business recently as a Transformation Designer where she applies integrative approach of Yoga, Ayurveda, Habit Science and her personal experience to help people up-level their health, look good, feel great and do whatever they truly want with their lives next.*

*She is an entrepreneur, a wife and an avid traveller escaping Canadian winter months globally. Having graduated as Bachelor of Mathematics from University of Waterloo, worked for over a decade in IT sales and management, owned a hot yoga studio and now being a Certified Yoga Teacher and Yoga Health Coach, she is primed to escort you to find the best version of yourself.*

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YOUR DIGESTIVE SYSTEM IS VERY DELICATE AND CAN BE  
AFFECTED BY MANY FACTORS. BECOMING AWARE AND  
CONSCIOUS THAT THE ACT OF NOURISHING YOUR BODY IS A  
SACRED ACT, WILL KEEP YOUR DIGESTIVE SYSTEM FUNCTIONING  
AT ITS BEST, AND YOU FEELING YOUR ULTIMATE BEST!

YOU ARE NOT WHAT YOU EAT, YOU ARE WHAT YOU DIGEST, BOTH  
PHYSICALLY AND MENTALLY. KEEP YOUR FOOD AND YOUR  
THOUGHTS PURE AND CLEAN, AND YOU WILL FEEL LIGHT,  
JOYOUS, AND FULL OF ENERGY.