

The following foods help to reduce the body of ‘Kapha’ (mucus or fat). They can be eaten liberally.	
Grains	Barley, buckwheat, couscous, millet, muesli, oats, oat bran and a small amount of wheat
Legumes	Most beans, peas and <i>dal</i> . [Avoid soy products]
Fruits	Apples, berries, cranberries, pomegranates, dried fruits and a small amount of strawberries
Vegetables	Asparagus, beets, bitter melons, broccoli, beet greens, cabbage, garlic, green beans, fennel, kale, horseradish, leafy greens, leeks, lettuce, okra, cooked onions, spinach, sprout, squash, turnip and small amount of artichoke, burdock root & brussel sprouts.
Spices	Hot spices, like black pepper, chillies, ginger, cinnamon, clove, fenugreek and bay leaves
Dairy	A very small amount of dairy; goat milk and <i>ghee</i> in moderation
Meats	Freshwater fish, shrimp, rabbit, venison, and a small amount of the white meat of chicken and turkey
Nuts	A small amount of almonds
Oils	A small amount of olive, corn, and canola.
Summary Have these tastes	Pungent (strong odour e.g garlic, onions, coriander) Bitter (e.g. lettuce, bok choy, celery) Astringent (reducing e.g. lemon, lime, celery, cucumber, tarragon)
Summary Have these food qualities	Heating (warming foods e.g. garlic, ginger) Drying (dried beans, legumes, split peas, dal) Light (salad foods, easily digested foods)

<p>The foods in this table are ‘Kapha’ aggravating and can increase mucus & fat levels.</p> <p>They should all be avoided as much as possible depending on the severity of your symptoms and how quickly you want to recover.</p>	
Salt	Avoid using excess salt Do not add salt at the table
Sweets	All sweets, lollies Chocolate Biscuits Cakes
Sticky foods	All very sweet foods (small amount of honey ok) Lollies Chocolate Cheese Yoghurt Deserts
Fruits <i>Sweet, juicy fruits</i>	Oranges Mangoes Bananas
Vegetables <i>Sweet vegetables</i> <i>Salty vegetables</i> <i>Watery vegetables</i>	Zuchini Pumpkin Squash Choko Sweet corn Carrots Sweet potato
Fatty foods <i>Fried foods</i> <i>Heavy oily foods</i>	Pies Pastries Shortbread Burgers Hot dogs Hot chips Crisps Samosa Spring rolls
Dairy products <i>Cool, milky foods</i>	Cheese Cold milk Ice cream Yoghurt Chocolate
Cold foods	Cheese Cold milk Ice cream Tofu

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Summary Avoid these tastes	Sweet foods (accumulates more mucus or fat) e.g. carrot, sweet corn, sweet potato Sour foods (accumulates more mucus or fat) Salty foods (accumulates more mucus or fat)
Summary Avoid these food qualities	Heavy (foods that sit too heavily on the stomach) Cold (Cheese, Cold milk, Ice cream, Tofu, coconut) Oily (fried foods, takeaway food, burgers, spring rolls)

Lifestyle factors to avoid or minimise where possible.
The Kapha genetic disposition is towards; Diabetes (in self or family) Obesity (in self or family) Allergies (in self or family) <i>If these problems are in the family history then there may be a higher predisposition towards these problems and prevention needs to begin well before signs and symptoms begin.</i>
Weight gain with depression (endogenous) <i>Both need to be treated before they become an established problem.</i>
Placing emphasis on possessing, collecting, storing, hoarding and saving things. <i>Clearing out accumulated possessions (fat, mucous) can be detoxifying.</i>
Sleeping late more than a few days in a row (greater than 8 hours per night)
Cold, damp, snowy weather (winter, spring)

If you have been diagnosed as having a ‘ Kapha ’ problem then you will have one or more of the following symptoms;	
Digestion	Nausea Tired or sleepy after a meal
Energy	Inertia Sluggishness
Mucous problems	Colds Sinus Allergies Hayfever Post nasal drip Earache (Otitis media, glue ear) Ear/nose/throat problems.
Mental or emotional symptoms When stressed	Depression (deep) with weight gain. Reacting to stress by withdrawing, feeling insecure and unwanted. Very dependent on partner or Over protective in relationships e.g to spouse, children.
Potential inherited problems	The Kapha genetic disposition is towards; Easy weight gain Obesity (in self or family) Diabetes (in self or family) Allergies (in self or family)