

<b>The following foods help to cool the body or ‘Pitta’. They can be eaten liberally.</b>	
<b>Grains</b>	White & brown <i>basamati</i> rice Barley Oat bran Oats Wheat Wheat bran
<b>Legumes</b>	Yellow mung <i>dal</i> Split red peas Split yellow peas Aduki beans (small amount) Soy products <i>All these should be cooked to a soft consistency</i>
<b>Fruits</b>	Sweet fruits; Apples Berries (Raspberry, blueberry, etc.) Coconuts Dates Figs Avocados Sweet melons Plums Pomegranates
<b>Vegetables</b>	Asparagus Broccoli Carrots Cabbage Cucumber Onions (cooked) Peas Sweet potatoes Sprouts Squash Okra (small amount) Cauliflower (small amount)
<b>Spices</b>	Cooling spices; Licorice Cardamom Coriander seeds Coriander (cilantro) Fennel seeds Basil, fresh Dill Turmeric Cumin (small amount)

	Ginger, fresh (small amount)
<b>The following foods help to cool the body or 'Pitta'. They can be eaten liberally.</b>	
<b>Dairy</b>	Fresh <i>ghee</i> (clarified butter) Milk, fresh, whole, unhomogenized
<b>Meats</b>	Chicken , baked or grilled Turkey White fish
<b>Nuts</b>	Sunflower seeds (moderate amounts) Almonds (moderate amounts)
<b>Oils</b>	Coconut Sunflower Canola Sesame (small amount)
<b>Summary</b> Have these tastes	Sweet (naturally sweet, not lollies etc) e.g. carrot, sweet potato, sweet corn, fruit Bitter (e.g. bok choy, celery) Astringent (puckers up the mouth e.g. celery, cucumber, potato)
<b>Summary</b> Have these food qualities	Cooling foods (e.g. cucumber, coconut) Oily (all meals should be slightly oily) Heavy (under the ground vegetables)

<b>The foods in this table are ‘Fire foods’ which will aggravate ‘Pitta’ or hot symptoms in the body. They should all be avoided as much as possible depending on the severity of your symptoms and how quickly you want to recover.</b>	
<b>Salt</b> Avoid using excess salt Do not add salt at the table	Anchovies Olives Chips, crisps Sauces Most processed food in cans, bottles & packets
<b>Sour and fermented foods</b> Avoid as much as possible	Cheese Vinegar Alcohol Salad dressing Sour cream Pickles Yoghurt Sour Kraut Vegemite, Marmite, Promite
<b>Fried foods</b> Avoid as much as possible Occasional wok frying ok	Hot chips Crisps Burgers Hot dogs Samosa Spring rolls Fried bread
<b>Oily foods</b> Avoid as much as possible	Pizza Bacon and eggs All meals can be slightly oily using a little ghee
<b>Hot spicy foods</b> Hot spices	Chilli, Hot curries Mexican dishes Wasabi, Mustard, Horseradish Coffee
<b>Sour fruits</b>	All green unripened fruit Grapefruit Lemons Rhubarb
<b>Vegetables</b>	All green unripened vegetables
<b>Acidic foods &amp; medicines</b>	Lemon Lime Grapefruit Rhubarb Tomatoes
<b>Animal foods</b> Avoid in large amounts	Meat (especially red meat) Dairy Honey (none)

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<b>Nuts</b>	All nuts and seeds (except small amounts of sunflower seeds & almonds)
<b>Pungent fruits &amp; vegetables</b> i.e. Strong odour	Garlic Onions, raw Brussel sprouts Cauliflower (only small amounts) Durian Lettuce
<b>Light foods</b>	Lettuce Toast Crackers Biscuits Wafers Cones
<b>Red coloured foods</b>	Tomato Tomato sauce Red meat Red capsicum Chilli Rhubarb Cherries Strawberries
<b>Summary</b> Avoid these tastes	Sour (e.g. yoghurt, saur kraut, lemon) Salty foods (they are too drying) Pungent (strong odour) e.g. garlic, onion, brussel sprouts, tarragon
<b>Summary</b> Avoid these food qualities	Light (e.g. lettuce, crackers, biscuits) Hot (spicy) Dry (causes dry mouth and skin)

<b>Pitta lifestyle factors to avoid or minimise</b>
Being under stress
Reacting to stress with suppressed anger, frustration, resentment
Placing excessive demands on oneself and others
Living under constant pressure from deadlines
Exposure to impure water and food (food poisoning, eat fresh food only)
Hot humid weather (Summer)
Heat fatigue
Sunburn

If you have been diagnosed as having a '**Pitta**' problem then your metabolic system is overheating causing symptoms of 'heat' in the body. The Pitta zone is the middle part of the body which includes the lower 1/3 of the stomach (high acid area), small intestine, liver and pancreas. Pitta governs all the metabolic processes of the body.

You will have one or more of the following symptoms;

<b>Digestion</b> Especially when stressed	Acid reflux Burping Heart burn Strong odour to your stools (poo) Liver (liver has a tendency to over heat)
<b>Mental or emotional symptoms</b> When stressed	Irritable (e.g. from wasted time) Angry Impatient (e.g. from wasted time) Frustrated (e.g. from wasted time) Resentful
<b>Skin</b>	Skin rashes with redness or swelling Allergic skin reactions Eczema Hives
<b>Blood circulation</b>	Blood pressure (or in family history) Heart condition (or in family history)
<b>Headaches</b>	Constant general headache Strong, intense headaches Throbbing or pulsating headache Migraine with nausea or vomiting