

**These foods help to reduce the body of “Kapha” (mucus and fat)
 They can be eaten liberally**

Grain	Barley Buckwheat Couscous Millet Oats Oat bran Muesli [small amount] Wheat [small amount if not sensitive to gluten]
Legumes	Most beans, peas and <i>dal</i> . <i>Avoid all soy products</i>
Fruits	Apples Berries Cranberries, Pomegranates Dried fruits [small amount] Strawberries [small amount]
Spices	Hot spices Chillies Black pepper Ginger Cinnamon Clove Fenugreek Bay leaves
Dairy	A very small amount of dairy; Goat milk [small amount] Ghee [small amount]

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Vegetables	Asparagus Beets Beet greens Bitter melons Broccoli Cabbage Garlic Green beans Fennel Kale Horseradish Leafy greens Leeks Lettuce Okra Onions [cooked] Spinach Sprouts Squash Turnip Artichoke Burdock root Brussel sprouts
Meats	Freshwater fish Shrimp Rabbit Venison Chicken [small amount] Turkey [small amount]
Nuts	<i>A small amount of;</i> Almonds

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Oils	Small amounts of; Canola Corn Olive
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)

Avoid foods that aggravate “Kapha” as they can increase mucus and fat levels in the body

Salt	Avoid using excess salt, soy, tamari Do not add salt at the table
Sweets	Avoid all; Sweets Lollies Chocolate Biscuits Cakes
Sticky foods	All sweet foods are sticky Lollies Chocolate Cheese Yoghurt Deserts Icecream Honey [small amount only]
Fruits	No sweet, juicy fruits; Oranges Mangoes Bananas
Vegetables	Sweet vegetables; Sweet corn Carrots Sweet potato Salty vegetables Celery Watery vegetables; Zuchini Pumpkin Squash Choko

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Fatty foods Fried foods Heavy oily foods	Pies Pastries Shortbread Burgers Hot dogs Hot chips Crisps Samosa Spring rolls
Dairy products Cool, milky foods	Cheese Chocolate Ice cream Yoghurt Cream Yukolt Cold milk
Cold foods	Cheese Cold milk Ice cream Tofu
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)

Vata lifestyle factors to avoid or minimise if possible

Avoid placing emphasis on possessing, collecting, storing, hoarding and saving things.

Clearing out accumulated possessions (fat, mucous) can be detoxifying.

Sleeping late more than a few days in a row (greater than 8 hours per night)

Cold, damp, snowy weather (winter, spring)

The Kapha genetic disposition is towards;

Diabetes (in self or family)

Obesity (in self or family)

Allergies (in self or family)

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.

Weight gain with depression (endogenous). Both need to be treated before they become an established problem.

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 Sluggish bowel movements, sticky waste
Energy	Inertia Sluggishness Slow getting out of bed
Mucous problems	Colds Sinus Allergies Hayfever Post nasal drip Earache (Otitis media, glue ear) Ear/nose/throat problems especially as a child
Mental or emotional symptoms	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. Hoarding, holding on
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)