

**The following foods help to cool the body or 'Pitta'
They can be eaten liberally**

Grain	White & brown basamati rice Barley Oat bran Oats Wheat Wheat bran
Legumes	Yellow mung <i>dal</i> White mung <i>dal</i> Split green peas Split yellow peas Aduki beans (small amount) Soy products <i>All these should be cooked to a soft consistency</i>
Sweet Fruits	Apples Berries (Raspberry, blueberry etc.) Coconuts Dates Figs Avocados Sweet melons Plums Pomegranates

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Sweet Vegetables	Asparagus Broccoli Carrots Cabbage Cucumber Onions (cooked) Peas Sweet potatoes Sprouts Squash Okra (small amount) Cauliflower (small amount)
Cooling Spices	Licorice Cardamom Coriander seeds Coriander (cilantro) Fennel seeds Basil, fresh Dill Turmeric Cumin (small amount)
Dairy	Fresh <i>ghee</i> (clarified butter) Milk, fresh, whole, unhomogenized
Meats	Chicken , baked or grilled Turkey White fish
Nuts	Sunflower seeds (moderate amounts) Almonds (moderate amounts)

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Oils	Coconut Sunflower Canola Sesame (small amount)
Summary 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)
Summary Have these food qualities	Cooling foods (e.g. cucumber, coconut) Slightly Oily (all meals should be slightly oily) Slightly Heavy (under the ground vegetables)

**Avoid the following foods as they can
 Aggravate any Pitta/hot symptoms in the body**

<p>Salt Avoid excess salt Do not add salt at the table</p>	<p>Anchovies Olives Chips, crisps Sauces Most processed food in cans, bottles & packets</p>
<p>Sour and fermented foods Avoid as much as possible</p>	<p>Cheese Vinegar Alcohol Salad dressing Sour cream Pickles Yoghurt Sour Kraut. Kim Chi Vegemite, Marmite, Promite</p>
<p>Fried foods Avoid as much as possible Occasional wok frying ok</p>	<p>Hot chips Crisps Burgers Hot dogs Samosas Spring rolls Fried bread</p>
<p>Oily foods Avoid as much as possible</p>	<p>Pizza Bacon and eggs All meals can be slightly oily using a little ghee</p>
<p>Hot spicy foods & Hot spices & Stimulants</p>	<p>Chilli, Hot curries Mexican dishes Wasabi, Mustard, Horseradish Coffee</p>

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 Aggravate any Pitta/hot symptoms in the body**

Sour fruits	All green unripened fruit Grapefruit Lemons Rhubarb
Vegetables	All green unripened vegetables
Acidic foods & medicines	Lemon Lime Grapefruit Rhubarb Tomatoes
Animal foods Avoid in large amounts	Meat (especially red meat) Dairy Honey (none)
Nuts	All nuts and seeds (except small amounts of sunflower seeds & almonds)
Pungent fruits & vegetables i.e. Strong odour	Garlic Onions, raw Brussel sprouts Cauliflower (only small amounts) Durian Lettuce
Light foods	Lettuce Toast Crackers Biscuits Wafers Cones

**Avoid the following foods as they can
 Aggravate any Pitta/hot symptoms in the body**

Red coloured foods	Tomato, Tomato sauce, Tomato paste Red meat Red capsicum Chilli Rhubarb Cherries Strawberries
Summary 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
Summary Avoid these food qualities	Light (e.g. lettuce, crackers, biscuits) Hot (spicy) Dry (causes dry mouth and skin)

Pitta lifestyle factors to avoid or minimise

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 hot symptoms

The Pitta zone is the middle part of the body which includes the lower 1/3 of the stomach, small intestine, liver & pancreas

Pitta governs all the metabolic processes of the body

You will have one or more of the following symptoms;

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