

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

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

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<b>Vegetables</b>	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
<b>Meats</b>	Freshwater fish Shrimp Rabbit Venison Chicken [small amount] Turkey [small amount]
<b>Nuts</b>	<i>A small amount of;</i> Almonds

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<b>Oils</b>	Small amounts of; Canola Corn Olive
<b>Summary</b> Have these tastes	<b>Pungent</b> (strong odour e.g garlic, onions, coriander) <b>Bitter</b> (e.g. lettuce, bok choy, celery) <b>Astringent</b> (reducing e.g. lemon, lime, celery, cucumber, tarragon)
<b>Summary</b> Have these food qualities	<b>Heating</b> (warming foods e.g. garlic, ginger) <b>Drying</b> (dried beans, legumes, split peas, dal) <b>Light</b> (salad foods, easily digested foods)

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

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

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<b>Fatty foods</b> Fried foods Heavy oily foods	Pies Pastries Shortbread Burgers Hot dogs Hot chips Crisps Samosa Spring rolls
<b>Dairy products</b> Cool, milky foods	Cheese Chocolate Ice cream Yoghurt Cream Yukolt Cold milk
<b>Cold foods</b>	Cheese Cold milk Ice cream Tofu
<b>Summary</b> Avoid these tastes	<b>Sweet</b> foods (accumulates more mucus or fat) e.g. carrot, sweet corn, sweet potato <b>Sour</b> foods (accumulates more mucus or fat) <b>Salty</b> foods (accumulates more mucus or fat)
<b>Summary</b> Avoid these food qualities	<b>Heavy</b> (foods that sit too heavily on the stomach) <b>Cold</b> (Cheese, Cold milk, Ice cream, Tofu, coconut) <b>Oily</b> (fried foods, takeaway food, burgers, spring rolls)

### **Kapha 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**

<b>Digestion</b>	Nausea Tired or sleepy after a meal Sluggish bowel movements, sticky waste
<b>Energy</b>	Inertia Sluggishness Slow getting out of bed
<b>Mucous problems</b>	Colds Sinus Allergies Hayfever Post nasal drip Earache (Otitis media, glue ear) Ear/nose/throat problems especially as a child
<b>Mental or emotional symptoms</b>	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
<b>Potential inherited problems</b>	The Kapha genetic disposition is towards; Easy weight gain Obesity (in self or family) Diabetes (in self or family) Allergies (in self or family)