

Spring Time Kapha Dosha Food List ⁽¹⁾

Kapha Dosha (Earth and Water Elements) Qualities:

cool, heavy, solid, hard, stable, static, dull, large in mass, moist, liquid, cohesive, sticky, and fluid

Season of Spring (start of spring equinox): Northern Hemisphere March-May; Southern Hemisphere September - December

Tastes for Kapha Dosha:

Best: Pungent, bitter, astringent

Avoid: Sweet, sour, salty

Foods listed as “Best” can be eaten without reservation on a daily basis.

Foods listed as “Small Amounts” can be eaten in small portions fairly often or in larger portions once or twice per week.

Foods listed as “Avoid/Minimize” should be eaten only on rare occasions. Remember, it is not what you do once in a while that matters. Long-term habits determine your health. Healthy habits create a healthy life. Unhealthy habits lead to an unhealthy life.

Spices

When spicing, the overall spiciness is more important than individual spices. Even some “Avoid” spices can be used if balanced with other spices on the “Best” list. For *kapha*, food should be spiced hot and never bland.

Best:

Anise, basil, bay leaf, black pepper, calamus, chamomile, caraway, cardamom, catnip, cayenne, cinnamon, cloves, coriander, cumin, dill, fennel, fenugreek, garlic, ginger, horseradish, hyssop, marjoram, mustard, nutmeg, oregano, peppermint, poppy seeds, rosemary, saffron, sage, spearmint, star anise, thyme, turmeric. Hot spices are best. Any spice not listed is probably fine.

Avoid: Salt



Vegetables

Vegetables are best eaten raw during the summer and cooked the rest of the year and during times of digestive difficulty. In general, vegetables are good and even the "Avoid/Minimize" group, if eaten in small amounts and spiced, will cause no harm.

Best:

Alfalfa sprouts, artichoke, asparagus, green beans, bell peppers, broccoli, Brussels sprouts, cabbage, cauliflower, carrots, celery, chilies, cilantro, corn, kale, lettuce, and other leafy greens, mustard greens, onions, parsley, peas, hot peppers, potatoes, radish, seaweed, spinach, rutabagas/turnips

Small Amounts: Mushrooms, tomatoes

Avoid/Minimize:

Beets, cucumber, eggplant, okra, squash (all), sweet potatoes, water chestnuts, Zucchini

Fruits

Best:

Dried fruits as they are not too sweet. Apples, cherries, cranberries, grapefruit, pomegranate, prunes, raisins.

Small Amounts: Apricots, lemon, lime, papaya, pineapple

Avoid/Minimize:

Sweet fruits, avocado, bananas, berries (raspberry, blackberry, blueberry, strawberry), cantaloupe, coconut, dates, figs, grapes, mango, melons, pineapple, oranges, peaches, pears, persimmons, plums, tangerines, watermelon

Legumes

Best: Mung beans, red lentils, soybeans (tofu and soymilk), split peas

Small Amounts:

Azuki beans, black gram, black beans, fava beans, kidney beans, lima beans, pinto beans

Avoid/Minimize: Black lentils, chickpeas



Nuts and Seeds

Soak seeds and nuts prior to eating to help remove phytic acid/tannins. Lightly roast seeds and nuts. Avoid salted nuts and seeds.

Best: Pumpkin seeds, sunflower seeds

Small Amounts: Sesame seeds, pecans, walnuts

Avoid/Minimize: Almonds, Brazil nuts, cashews, coconut, filberts, lotus seeds, macadamia nuts, pistachio, peanuts,

Grains

Toasted breads are very good, as they are drier.

Best: Amaranth, barley, basmati rice, buckwheat, corn flour, quinoa

Small Amounts: Millet, rye

Avoid/Minimize: Oats, long and short-grain rice (white or brown), wheat, whole wheat

Dairy

It is best to use organic milk, preferably A2 milk. ⁽²⁾ A2 beta-casein protein-rich milk is easier to digest. Milk from these animals contains mainly A2 milk: goat, sheep, buffalo, and certain breeds of cows-Jersey, Guernsey, Normande, and Brown Swiss. Milk should be taken warm with a small amount of ginger and cardamom.

Best: Goat milk, skim milk, soymilk

Small Amounts: aged cheese, cottage cheese from skimmed goat milk, buttermilk,

Avoid/Minimize: Butter, cheese, cream, cottage cheese, ice cream, kefir, sour cream, yogurt

Meats

If you choose to eat meat, limit consumption to 2-3 times per week. Meat soups can be particularly nourishing during convalescence. *Kapha* individuals can thrive as vegetarians.

Best: Chicken or turkey (white meat), freshwater fish, rabbit

Small Amounts: Eggs, shrimp, venison

Avoid/Minimize: Beef, duck, lamb, pork, seafood, shellfish



Oils

Use all oils in small amounts only. Even the best oils, if overused, will aggravate *kapha*.

Best: Canola, corn, flaxseed, mustard, safflower, soy, sunflower

Avoid/Minimize: Almond, avocado, castor, coconut, olive, peanut, sesame

Beverages

Best: spring water, herbal teas (spicy and bitter), cranberry juice, green vegetable juices, wheat grass juice

Small Amounts: Carbonated mineral water, coffee, tea

Avoid/Minimize: Apple juice, carrot juice, orange juice; Avoid soft drinks and sugary beverages

Sweeteners

Best: Raw honey only. (Look for honey that is more than six months old or store some jars.)

Small Amounts: maple syrup

Avoid/Minimize: Fructose, molasses, raw sugar, white and brown sugar

Condiments

Small Amounts: Catsup, vinegar, hot sauce, , Chutney, mango (spicy), horseradish, mustard without vinegar,

Avoid/Minimize: Mayonnaise, salt

Resources:

(1) <https://ayurveda.com/food-guidelines/>

(2) Jeong H, Park YS, Yoon SS. A2 milk consumption and its health benefits: an update. Food Sci Biotechnol. 2023 Oct 25;33(3):491-503. doi: 10.1007/s10068-023-01428-5. PMID: 38274187; PMCID: PMC10806982.

