

**VEGETABLES**

Artichokes  
Asparagus  
Beets  
Bell Peppers  
Bitter Melon  
Broccoli  
Brussels Sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery  
Chicory  
Chilies, dried  
Cilantro  
Collard Greens  
Corn  
Daikon Radish  
Dandelion  
Endive  
Garlic  
Ginger  
Green Beans  
Kale  
Kohlrabi  
Leafy Greens  
Leeks  
Okra  
Onions  
Parsley  
Peas  
Peppers, Sweet & Hot  
Potatoes, White  
Radishes  
Rutabaga  
Squash, Spaghetti and Winter  
Spinach  
Sprouts  
Tomatoes (cooked)  
Turnips  
Watercress  
Wheat Grass

**FRUITS**

\*Eat fruit separately from other foods.  
Apples  
Apricots  
Berries  
Cherries  
Cranberries  
Dried Fruit (all)  
Grapefruit  
Grapes (red, purple and black)  
Lemons, Limes  
Mango  
Pears  
Peaches  
Pomegranates  
Prunes

**DAIRY**

\*Favor raw or vatpasteurized.  
Buttermilk  
Cottage Cheese (ideally from skim goat's milk)  
Chee  
Goat's Cheese (unsalted, not aged)  
Goat's Milk (skim)  
Yogurt (fresh and diluted)

**OILS**

Almond  
Flax  
Corn  
Chee  
Sunflower

**SWEETENERS**

\*Favor natural whole foods sweeteners, in moderation:  
Fruit Juice Concentrates  
Honey - Raw

**SPICES**

Ajwan  
Allspice  
Anise  
Asafoetida  
Basil  
Bay Leaf  
Black Pepper  
Caraway  
Cardamom  
Cayenne  
Cinnamon  
Cloves  
Coriander  
Cumin  
Dill  
Fennel  
Fenugreek  
Garlic  
Ginger (fresh or dried)  
Marjoram  
Mint  
Mustard seeds  
Neem leaves  
Nutmeg  
Oregano  
Paprika  
Peppermint  
Poppy Seeds  
Rosemary  
Saffron  
Sage  
Spearmint  
Thyme  
Turmeric  
Vanilla  
Wintergreen  
\*\*\*Avoid salt

**LEGUMES**

All Sprouted Beans  
Adzuki  
Black-eyed peas  
Garbanzo  
Fava  
Kidney  
Lentils  
Mung  
Navy  
Pinto  
Tempeh  
Tofu (served hot)  
Split Pea  
White beans  
**NUTS & SEEDS**  
\*In moderation  
Almonds (soaked and peeled)  
Chia  
Flax  
Pumpkin  
Sunflower

**WHOLE GRAINS**

Amaranth  
Barley  
Buckwheat  
Corn  
Couscous  
Durham Flour  
Millet  
Oats, dry  
Polenta  
Quinoa  
Rice (basmati, wild)  
Rye  
Seitan  
Spelt  
Sprouted Wheat Bread  
Tapioca  
Wheat Bran

**HERBAL TEA**

Alfafa  
Cardamom  
Chicory  
Cinnamon  
Cloves  
Dandelion  
Ginger  
Hibiscus  
Orange Peel  
Strawberry Leaf

**BEVERAGES**

Black Tea (moderation)  
Coffee (moderation)  
Water (warm to hot)

**MEATS & EGGS**

Chicken (white)  
Eggs (not fried, and in moderation)  
Fish (freshwater)  
Shrimp  
Turkey (white)  
Venison

# **KAPHA** **PACIFYING** **DIET –** **FOODS TO FAVOR**

# **LATE WINTER/** **SPRING SEASON**

