

Dr. Dave, ND
Kapha Balancing Foods

Fruits

Enjoy fruits and fruit juices alone, 30 minutes before, and ideally at least 1 hour after.

Favor

- Apples
- Applesauce
- Apricots
- Berries
- Cherries
- Cranberries
- Figs (dry)
- Grapes (red, purple, black)
- Lemons
- Limes
- Mango
- Peaches
- Pears
- Persimmons
- Pomegranates
- Prunes
- Raisins
- Raspberries
- Strawberries

Avoid

- Bananas
- Cantaloupe
- Coconut
- Dates
- Figs (fresh)
- Grapes (green)
- Grapefruit
- Kiwi
- Melons
- Oranges
- Papaya
- Pineapple
- Plums
- Rhubarb
- Tamarin
- Watermelon

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Vegetables

Favor

- Artichoke
- Asparagus
- Beets, and Beet Greens
- Bell Peppers
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chilies
- Collard Greens
- Corn
- Daikon Radish
- Eggplant
- Garlic
- Green Beans
- Horseradish
- Jerusalem Artichokes
- Kale
- Leafy Greens
- Leeks
- Lettuce
- Okra
- Onions
- Peas
- Peppers, Sweet & Hot
- Potatoes, White
- Radishes
- Rutabaga
- Spaghetti Squash
- Spinach
- Sprouts
- Squash, Winter
- Tomatoes (cooked)
- Turnips
- Watercress

Reduce or Avoid

- Avocado
- Cucumber
- Olives
- Parsnips
- Pumpkin
- Summer Squash
- Sweet Potatoes
- Tomatoes (raw)
- Zucchini

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Grains

Favor

- Amaranth
- Barley
- Buckwheat
- Cereal (unsweetened, cold, dry)
- Corn
- Couscous
- Crackers
- Durham Flour
- Granola
- Millet
- Muesli
- Oat Bran
- Oats (dry)
- Polenta
- Quinoa
- Rice (basmati, wild)
- Rice Cakes
- Rye
- Seitan
- Spelt
- Sprouted Wheat Bread
- Tapioca
- Wheat Bran

Avoid

- Oats (cooked)
- Pancakes
- Pasta
- Rice (brown, white)
- Wheat
- Yeasted Bread

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Legumes

Favor

- Adzuki Beans
- Black Beans
- Black-Eyed Peas
- Garbanzo Beans (Chickpeas)
- Lentils
- Lima Beans
- Mung Beans
- Mung Dal
- Navy Beans
- Pinto Beans
- Split Peas
- Soy Milk
- Soy Meats
- Tempeh
- Tofu (served hot)
- Tur Dal
- White Beans

Avoid

- Kidney Beans
- Miso
- Soy Beans
- Soy Cheese
- Soy Flour
- Soy Powder
- Soy Sauce
- Tofu (served cold)

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Dairy

Minimized the use of dairy products when trying to reduce kapha.

Favor

- Buttermilk
- Cottage Cheese (ideally from skim goat's milk)
- Ghee
- Goat's Cheese (unsalted, not aged)
- Goat's Milk (skim)
- Yogurt (fresh and diluted)

Avoid

- Butter
- Cheese
- Cow's Milk
- Frozen Yogurt
- Ice Cream
- Sour Cream
- Yogurt (store bought)

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Nuts & Seeds

Nuts and seeds are heavy, dense, and oily and are helpful for balancing for kapha.

Favor with Moderation

- Almonds (soaked and peeled)
- Chia Seeds
- Flax Seeds
- Popcorn (without salt or butter)
- Pumpkin Seeds
- Sunflower Seeds

Avoid

- Brazil Nuts
- Cashews
- Coconut
- Filberts
- Macadamia Nuts
- Peanuts
- Pecans
- Pine Nuts
- Pistachios
- Sesame Seeds
- Tahini
- Walnuts

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Meat & Eggs

Favor

- Chicken (white)
- Eggs
- Fish (freshwater)
- Rabbit
- Shrimp
- Turkey (white)
- Venison

Avoid

- Beef
- Buffalo
- Chicken (dark)
- Duck
- Fish (saltwater)
- Lamb
- Pork
- Salmon
- Sardines
- Seafood
- Tuna Fish
- Turkey (dark)

Oils

Very small amounts of the oils in the favor column are acceptable if they are of good quality.

Favor

- Almond Oil
- Corn Oil
- Flax Seed Oil
- Ghee
- Sunflower Oil

Avoid

- Avocado Oil
- Apricot Oil
- Coconut Oil
- Olive Oil
- Primrose Oil
- Safflower Oil
- Sesame Oil
- Soy Oil
- Walnut Oil

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Sweeteners

The sweet taste is not supportive of kapha and it is best to avoid most sweeteners. Honey is the one exception because it is dry, light and heating.

Favor

- Fruit Juice Concentrates
- Honey (raw and unprocessed)

Avoid

- Artificial Sweeteners
- Barley Malt
- Date Sugar
- Fructose
- Honey (cooked, heated or processed)
- Maple Syrup
- Molasses
- Rice Syrup
- Sucanat
- Turbinado
- White Sugar

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Spices

Favor

- Ajwan
- Allspice
- Anise
- Basil
- Bay Leaf
- Black Pepper
- Caraway
- Cardamom
- Cayenne
- Cinnamon
- Cloves
- Coriander
- Cumin
- Dill
- Fennel
- Fenugreek
- Garlic
- Ginger
- Mace
- Marjoram
- Mint
- Mustard Seeds
- Neem Leaves
- Nutmeg
- Oregano
- Paprika
- Parsley
- Peppermint
- Poppy Seeds
- Rosemary
- Saffron
- Savory
- Spearmint
- Tarragon
- Thyme
- Turmeric
- Vanilla
- Wintergreen

Avoid