

Dr. Dave, ND
Pitta Balancing Foods

Fruits

Favor

Apples (sweet)
Applesauce
Apricots (sweet)
Berries (sweet)
Cherries (sweet)
Coconut
Dates
Figs
Grapes (red, purple, black)
Limes
Mangos (ripe)
Melons
Oranges (sweet)
Papaya
Pears
Pineapple (sweet)
Plums (sweet)
Pomegranates
Prunes
Raisins
Strawberries
Watermelon

Avoid

Apples (sour)
Apricots (sour)
Bananas
Berries (sour)
Cherries (sour)
Cranberries
Grapefruit
Grapes (green)
Kiwi
Lemons
Mangos (green)
Oranges (sour)
Peaches
Persimmons
Pineapple (sour)
Plums (sour)
Tamarind

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Vegetables

Favor

Avocado
Artichoke
Asparagus
Beets (cooked)
Bell Peppers
Bitter Melon
Broccoli
Brussels Sprouts
Cabbage
Carrots (cooked)
Cauliflower
Celery
Cilantro
Collard Greens
Cucumber
Dandelion Greens
Green Beans
Jerusalem Artichoke
Kale
Leafy Greens
Leeks (cooked)
Lettuce
Mushrooms
Okra

Olives (black)
Onions (cooked)
Parsley
Parsnips
Peas
Peppers (sweet)
Potatoes
Pumpkin
Radishes (cooked)
Rutabaga
Spaghetti Squash
Sprouts (not spicy)
Squash, Summer
Squash, Winter
Spinach (raw)
Sweet Potatoes
Watercress
Wheat Grass
Zucchini

Avoid

Beet Greens
Beets (raw)
Burdock Root
Corn (fresh)
Daikon Radish
Eggplant
Garlic
Green Chilies
Horseradish
Kohlrabi
Leeks (raw)
Mustard Greens
Olives, green
Onions (raw)
Peppers (hot)
Radishes (raw)
Spinach (cooked)
Tomatoes
Turnip greens
Turnips

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Grains

Favor

Amaranth
Barley
Cereal (dry)
Couscous
Crackers
Durham Flour
Granola
Oat Bran
Oats
Pancakes
Pasta
Quinoa
Rice (basmati, white, wild)
Rice Cakes
Seitan
Spelt
Sprouted Wheat Bread
Tapioca
Wheat
Wheat Bran

Avoid

Buckwheat
Corn
Millet
Muesli
Polenta
Rice (brown)
Rye
Yeasted Bread

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Legumes

Favor

Adzuki Beans
Black Beans
Black-Eyed Peas
Garbanzo Beans (Chickpeas)
Kidney Beans
Lentils
Lima Beans
Mung Beans
Mung Dal
Navy Beans
Pinto Beans
Split Peas
Soy Beans
Soy Cheese
Soy Flour
Soy Milk
Soy Powder
Tempeh
Tofu
White Beans

Avoid

Miso
Soy Meats
Soy Sauce

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Dairy

If you use dairy milk (cow's milk, goat's milk, sheep's milk, etc.) then drink it at least one hour before or after any other food. Avoid drinking milk with meals. Almond milk and rice milk are good substitutes, if you need to combine milk with other foods, or if you don't digest dairy milks well.

Favor

Butter (unsalted)
Cheese (soft, unsalted, not aged)
Cottage Cheese
Cow's Milk
Ghee
Goat's Milk
Goat's Cheese (soft, unsalted)
Ice Cream
Yogurt (homemade, diluted, without fruit)

Avoid

Butter (salted)
Buttermilk
Cheese (hard)
Frozen Yogurt
Sour Cream
Yogurt (store bought, or with fruit)

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Nuts & Seeds

Nuts and seeds tend to be extremely oily and are usually heating, so most of them are not terrifically balancing for pitta

Favor

Almonds (soaked and peeled)
Charole Nuts
Coconut
Flax Seeds
Halva
Popcorn (battered, without salt)
Pumpkin Seeds
Sunflower Seeds

Avoid

Almonds (with skin)
Brazil Nuts
Cashews
Chia Seeds
Filberts
Macadamia Nuts
Peanuts
Pecans
Pine Nuts
Pistachios
Sesame Seeds
Tahini
Walnut

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Meat & Eggs

Pitta does best with animal foods that taste sweet, are relatively dry (like rabbit or venison) and that are either mildly heating or cooling in nature. Avoid meats that are especially oily, salty, or heating (things like dark chicken, beef, salmon, or tuna).

Favor

Buffalo
Chicken (white)
Eggs (white only)
Fish (freshwater)
Rabbit
Shrimp
Turkey (white)
Venison

Avoid

Beef
Chicken (dark)
Duck
Eggs (yolk)
Fish (saltwater)
Lamb
Pork
Salmon
Sardines
Seafood
Tuna Fish
Turkey (dark)

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Oils

Despite being oily in nature, pitta does well with a moderate amount of oil – as long as it is cooling. The very best oils for pitta are sunflower oil, ghee, coconut oil, and olive oil.

Favor

Coconut Oil
Flax Seed Oil
Ghee
Olive Oil
Primrose Oil
Sunflower Oil
Soy Oil
Walnut Oil

Avoid

Almond Oil
Apricot Oil
Corn Oil
Safflower Oil
Sesame Oil

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Sweeteners

Favor

Barley Malt
Date Sugar
Fructose
Fruit Juice Concentrates
Maple Syrup
Rice Syrup
Sucanat
Turbinado

Avoid

Honey
Molasses
White Sugar

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Spices

Most spices are heating by nature and therefore have the potential to aggravate pitta.

Favor

Basil (fresh)
Black Pepper (small amounts)
Cardamom
Cinnamon (small amounts)
Coriander (seeds or powder)
Cumin (seeds or powder)
Dill
Fennel
Ginger (fresh)
Mint
Neem Leaves
Orange Peel
Parsley
Peppermint
Saffron
Spearmint
Tarragon
Turmeric
Vanilla
Wintergreen

Avoid

Allspice
Anise
Basil (dry)
Bay Leaf
Caraway
Cayenne
Cloves
Fenugreek
Garlic
Ginger (dry)
Mace
Marjoram
Mustard Seeds
Nutmeg
Oregano
Paprika
Poppy Seeds
Rosemary
Sage
Salt
Savory
Thyme