

Dr. Dave, ND
Vata Balancing Foods

Fruits

Favor

Apples (cooked)
Applesauce
Apricots
Bananas (ripe, not green)
Berries
Cantaloupe
Cherries
Coconut
Dates (fresh, cooked or soaked)
Figs (fresh, cooked or soaked)
Grapefruit
Grapes
Kiwi
Lemon
Lime
Mango
Melons
Oranges
Papaya
Peaches
Pineapple
Plums
Prunes (cooked or soaked)
Raisins (cooked or soaked)
Tamarind

Avoid

Apples (raw)
Bananas (green)
Cranberries
Dates (dry)
Dried Fruit, in general
Figs (dry)
Pears
Persimmons
Pomegranate
Prunes (dry)
Raisins (dry)
Watermelon

Enjoy fruits and fruit juices alone at 30 minutes before, and ideally at least 1 hour after, any other food. This helps to ensure optimal digestion.

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Vegetables

Favor

Asparagus
Avocado
Beets
Carrots, Cooked
Chilies (in very small quantities)
Cilantro
Cucumber
Garlic
Green Beans
Green Chilies
Leeks
Mustard Greens
Okra
Olives (black)
Onion, Cooked
Parsnip
Peas, Cooked
Pumpkin
Sweet Potatoes
Rutabega
Spinach, Cooked
Squash, Summer
Squash, Winter
Watercress
Zucchini

Root vegetables are especially good for vata because they are grounding.

Reduce or Avoid

Artichokes
Beet Greens
Bell Peppers
Bitter Melon
Broccoli
Brussels Sprouts
Burdock Root
Cabbage
Carrots, Raw
Cauliflower
Celery
Chilies (in excess)
Corn, Fresh
Dandelion Greens
Eggplant
Jerusalem Artichokes
Kale
Kohlrabi
Lettuce
Mushrooms
Olives, Green
Onion, Raw
Peas, Raw
Peppers, Hot
Potatoes, White
Radishes
Spinach, Raw
Sprouts
Tomatoes
Turnips

Avoid cold, dry rough vegetables and most raw vegetables. Cooking these vegetables in oil with spices (warming) will make them easier for vatas to digest them.

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Grains

Favor

Amaranth
Durham Flour
Oats, Cooked
Pancakes
Quinoa
Rice (all types)
Seitan
Sprouted Wheat Bread
Wheat

Avoid

Barley
Buckwheat
Cereals (cold, dry, or puffed)
Corn
Couscous
Crackers
Granola
Millet
Muesli
Oat Bran
Oats, Dry
Pasta, Wheat
Rice Cakes
Rye
Spelt
Tapioca
Wheat Bran
Yeasted Bread

Avoid grains that are too light, dry, rough, dense or heavy.

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Legumes

Favor

Lentils, Red
Miso
Mung Beans
Mung Dal, Split
Soy Cheese
Soy Milk (served warm)
Soy Sauce
Soy Meats
Tofu (served hot)
Tur Dal
Urad Dal

Avoid

Adzuki Beans
Black Beans
Black-Eyed Peas
Garbanzo Beans (Chickpeas)
Kidney Beans
Lentils, Brown
Lima Beans
Navy Beans
Pinto Beans
Soy Beans
Soy Flour
Soy Powder
Split Peas
Tempeh
White Beans

These beans tend to be too dry, rough and hard for vata's delicate digestion

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Dairy

Favor

Butter
Buttermilk
Cheese
Cottage Cheese
Cow's milk
Ghee
Goat's Milk
Ice Cream (in moderation)
Sour Cream (in moderation)
Yogurt (fresh)

Avoid

Frozen Yogurt
Powdered Milk

Avoid drinking milk with meals

Almond milk and rice milk are good substitutes

Nuts & Seeds

Favor

Almonds
Brazil Nuts
Cashews
Coconut
Hazelnuts
Macadamia Nuts
Peanuts
Pecans
Pine Nuts
Pistachios
Pumpkin Seeds
Sesame Seeds
Sunflower Seeds
Walnuts

Eat small quantities

Avoid

Popcorn

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Meat & Eggs

Favor

Beef
Buffalo
Chicken (especially dark)
Duck
Eggs
Fish (fresh and salt water)
Salmon
Sardines
Seafood
Shrimp
Tuna Fish
Turkey (dark)

Avoid

Lamb
Mutton
Pork
Rabbit
Venison
Turkey (white)

In general, avoid meats that are either light and dry, or heavy.

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Oils

Favor

Almond Oil
Avocado Oil
Castor Oil
Coconut Oil
Ghee
Mustard Oil
Olive Oil
Peanut Oil
Safflower Oil
Sesame Oil
Sunflower Oil

Avoid

Canola Oil
Corn Oil
Flax Seed Oil
Soy Oil

Most oils are beneficial for vata, provided they are high quality oils. Sesame oil, almond oil, coconut oil, olive oil, and ghee are among the best choices. Less favorable oils are either too light and dry, too difficult to digest, or too highly processed/altered for vata.

Sweeteners

Favor

Barley Malt
Date Sugar
Fructose
Fruit Juice Concentrates
Honey (raw)
Maple Syrup (in moderation)
Molasses
Rice Syrup
Turbinado

Avoid

Artificial Sweeteners
White Sugar
Honey (heated or cooked)

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Spices

Favor

Allspice
Anise
Basil
Bay Leaf
Black Pepper
Caraway
Cardamom
Cinnamon
Cloves
Coriander
Cumin
Dill
Fennel
Garlic
Ginger (fresh or dried)
Mace
Marjoram
Mint
Mustard Seeds
Nutmeg
Oregano
Paprika
Parsley
Peppermint
Poppy Seeds
Rosemary
Saffron
Salt
Savory
Tarragon
Thyme
Turmeric
Vanilla

Use in Moderation

Cayenne
Chili