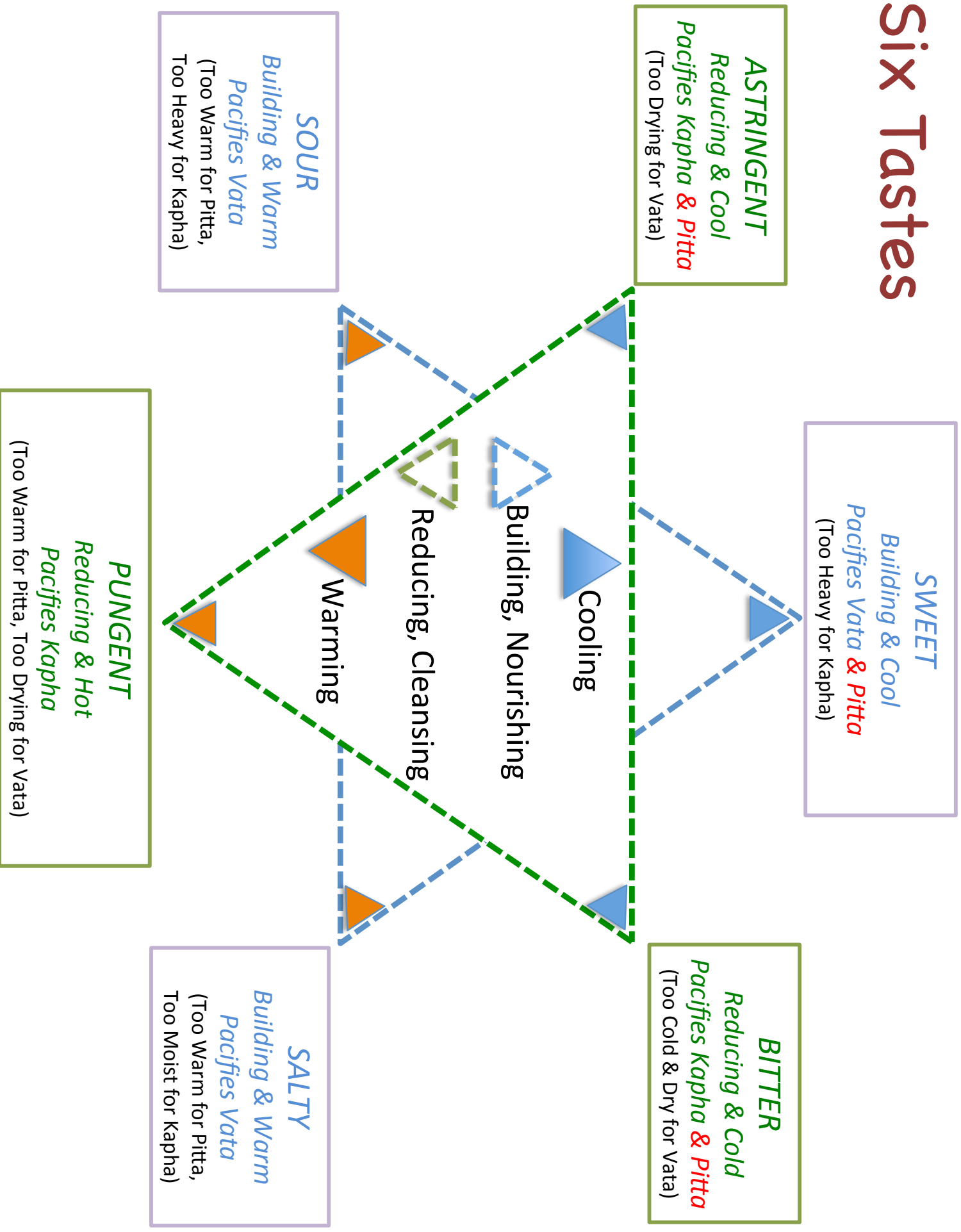


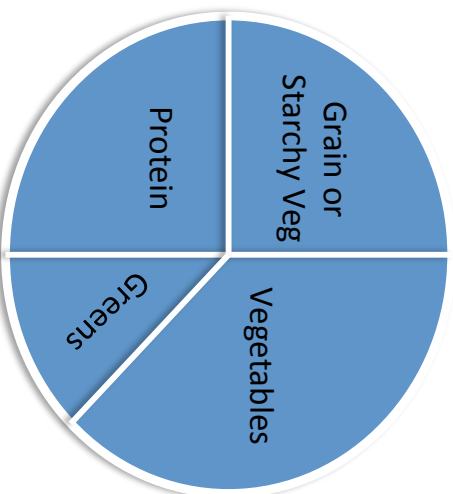
Six Tastes



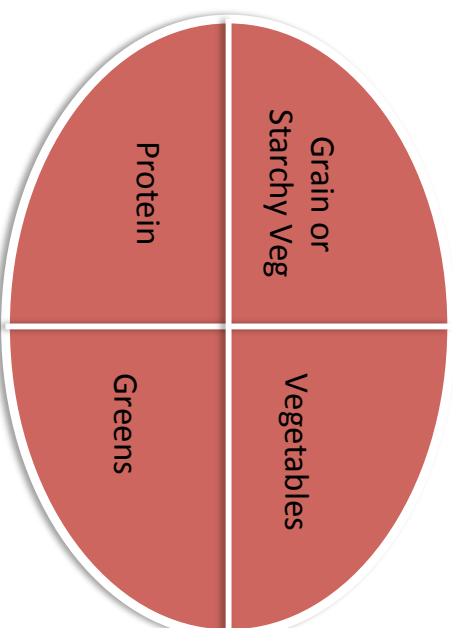
Best Foods for the Doshas based on Taste & Portion Size

| Taste | Foods | Vata | Pitta | Kapha |
|------------|---|---|--|--|
| Sweet | Grains Root vegetables Sweet fruits Meat Dairy (unfermented) Nuts & seeds | Good May take in moderate to large portions, depending on appetite and digestion | Good May take in moderate to large portions, depending on appetite and digestion | Fair May take in small portions, depending on appetite and digestion |
| Sour | Lacto-fermented foods such as yogurt or sauerkraut Sour fruits | Good May take in moderate quantities | Poor May take only in small quantities as a condiment | Poor May take only in small quantities as a condiment |
| Salty | Salt Seafood, including fish, shellfish, and sea vegetables | Good May take in salt in small quantity as a seasoning, and moderate portions of seafood | Poor May take scant salt and small quantities of seafood | Poor May take scant salt and small quantities of seafood |
| Pungent | Spices Pungent vegetables (raw onion, garlic, radish, arugula) | Fair May take moderate portions of pungent spices, and take pungent vegetables cooked only | Poor May take scant spices and small portions of pungent vegetables | Good May take strong spices and moderate to large portions of cooked or raw pungent vegetables |
| Bitter | Greens Vegetable peels Bitter vegetables, such as bitter melon | Poor May take small quantities of cooked greens or bitter vegetables. | Good May take large quantities of greens and bitter vegetables | Good May take large quantities of greens and bitter vegetables |
| Astringent | Legumes (beans, lentils) Some vegetables (white potatoes, asparagus, spinach, artichoke) Some fruits (cranberry, persimmon, green banana) | Poor May take only small quantities of astringent foods, should combine with moderate amount of pungent spices | Good May take large quantities of astringent foods with strong appetite and digestion | Good May take moderate to large quantities of astringent food depending on appetite and digestion, should combine with pungent spices |

Meal Plates



- Vata**
- 3-4 nutritious meals per day
 - Small breakfast
 - Moderate lunch
 - Small evening meal
 - May take “mini meals”, nutritious snacks



- Pitta**
- 3 nutritious full meals per day
 - Moderate breakfast
 - Large lunch
 - Moderate evening meal



- Kapha**
- 1-3 light meals per day
 - Light breakfast
 - Moderate lunch
 - Light evening meal (if hungry)