

# Constitutional Food Guidelines - Air Type (Vata)

Karta Purkh Singh Khalsa, R.H. (AHG), D.N.-C. – Natural Healing Specialist

(Note: These are general guidelines. Individual adjustments may need to be made for food allergies, strength of digestion and season.)

Limit = Aggravates / Emphasize = Balances

Fruits	
Emphasize	Limit
Sweet fruits	Dried fruits
Apricots	Apples
Avocado	Cranberries
Bananas	Pears
All berries	Persimmon
Cherries	Pomegranate
Coconut	Prunes
Dates	Quince
Figs (fresh)	Watermelon
Grapefruit	
Grapes	
Kiwi	
Lemons	
Limes	
Mango	
Melons (sweet)	
Oranges	
Papaya	
Peaches	
Pineapple	
Plums	
Raisins (soaked)	
Rhubarb	
Strawberries	

Vegetables	
Emphasize	Limit
Cooked veg	Frozen, dried, or raw veg.
Hard squash	Beet greens
Artichoke	Broccoli
Asparagus	Brussels Sprouts
Beets	Burdock root
Carrots	Cabbage
Cucumber	Cauliflower
Daikon radish	Celery
Green beans	Fresh corn
Leeks (cooked)	Eggplant
Mustard greens	Jerusalem Artichoke
Okra (cooked)	Jicama
Olives	Kohlrabi
Onion (cooked)	Leafy greens
Parsnip	Lettuce
Potato (sweet)	Mushrooms
Pumpkin	Onions (raw)
Radish	Parsley
Rutabaga	Peas
Watercress	Peppers
Zucchini	Potatoes (white)
	Spinach
	Sprouts
	Tomatoes
	Turnips
	Turnip greens

Grains	
Emphasize	Limit
Amaranth	Cold, dry, puffed cereals
Oats (cooked)	Barley
All rice	Buckwheat
Wheat	Corn
	Millet
	Oats (dry)
	Oat bran
	Quinoa
	Rice Cakes
	Rye
	Wheat bran (in excess)

Sweeteners	
Emphasize	Limit
Barley malt syrup	White sugar
Brown rice syrup	
Fruit juice concentrate	
Honey	
Raw sugar	
Maple syrup	
Molasses	
Sucanat	
Sugar cane juice	

Legumes	
Emphasize	Limit
Aduki beans	Black beans
Black lentils	Black-eyed peas
Mung beans	Garbanzos
Red lentils	Kidney beans
Soy cheese	Common lentils
Soy milk (liquid)	Lima beans
Tofu	Navy beans
	Soy beans
	Soy flour
	Soy powder
	Split peas
	Tempeh
	White beans

Seeds	
Emphasize	Limit
Chia	Psyllium (in excess)
Flax	
Sesame	
Pumpkin	
Sunflower	

Condiments	
Emphasize	Limit
Black pepper	Chili pepper
Coconut	Ginger (dry)
Coriander leaves	Ketchup
Daikon radish	Onion (raw)
Garlic	Sprouts
Ginger (fresh)	
Gomasio	
Kelp	
Lemon	
Lettuce	
Mayonnaise	
Mint leaves	
Mustard	
Papaya chutney	
Pickles	
Radish	
Salt	
Seaweeds	

Oils	
Emphasize	Limit
All Oils	
Sesame	

Dairy	
Emphasize	Limit
all dairy ok in moderation	Goat milk (powdered)
Buttermilk	
Cows milk	
Hard cheese	

Beverages		
Emphasize	Emphasize	Limit
Alcohol (moderation)	Hot dairy drinks	Apple juice
Almond	Grain teas: cafix,	Caffeine
Aloe vera juice	Roma, Pero	Carob
Apricot juice	Grape juice	Carbonated drinks
Banana shake or smoothie	Lemonade	Cold dairy drinks
Berry juice	Mango juice	Cranberry juice
Carrot juice and Carrot-Veg combination	Miso broth	Icy cold drinks
Cherry juice	Orange juice	Pear juice
Chocolate	Papaya juice	Pomegranate juice
Coconut milk & smoothies	Peach nectar	
	Pineapple juice	<b>Herb Teas</b>
	Salted drinks	Alfalfa
	Sour juices and teas	Barley
		Blackberry
		Borage
		Burdock
		Chrysanthemum
		Cornsilk
		Dandelion
		Hibiscus
		Hops
		Jasmine
		Mormon tea
		Nettle
		Passion flower
		Red clover
		Strawberry
		Violet
		Wintergreen
		Yarrow
		Yerba mate

Herb Teas		
Emphasize	Emphasize	Limit
Ajwain	Lemon Balm	Cornsilk
Bancha (with milk sweetener)	Lemon Grass	Dandelion
Basil	Licorice	Hibiscus
Catnip	Lotus	Hops
Chamomile	Marshmallow	Jasmine
Cinnamon	Oat Straw	Mormon tea
Cloves	Orange Peel	Nettle
Comfrey	Osha	Passion flower
Elder flowers	Penny royal	Red clover
Eucalyptus	Peppermint	Strawberry
Fennel	Raspberry	Violet
Fenugreek	Rose flowers	Wintergreen
Ginger (fresh)	Rose Hips	Yarrow
Ginseng	Saffron	Yerba mate
Hawthorne	Sage	
Hyssop	Sassaparilla	
Juniper berries	Sassafras	
Lavendar	Spearmint	

Spices		
Emphasize	Emphasize	Limit
Ajwan	Mace	Neem leaves
Allspice	Marjoram	
Almond extract	Mint	
Amchoor	Mustard seeds	
Anise	Nutmeg	
Asafoetida	Orange peel	
Basil	Oregano	
Bay leaf	Paprika	
Black pepper	Parsley	
Caraway	Peppermint	
Cardamom	Poppy seeds	
Cayenne	Rosemary	
Cinnamon	Rose Water	
Cloves	Saffron	
Coriander	Sage	
Cumin	Savory	
Dill	Spearmint	
Fennel	Star Anise	
Fenugreek	Tamarind	
Garlic	Tarragon	
Ginger	Thyme	
Horseradish	Turmeric	
	Vanilla	
	Wintergreen	