



CATEGORIES OF FOOD

BY *Eleni Tsirikas*

WELCOME TO *Eleni Ayurveda*

WHY CATEGORIES OF FOODS

Foods are classified according to three aspects
TASTE, TEMPERATURE, LONGTERM EFFECT ON THE BODY

TASTE- Ayurveda utilises the six tastes of Sweet, Salty, Sour, Pungent, Bitter and Astringent. Put simply 3 tastes build the body and 3 tastes reduce the body. Your diet should incorporate both building and reducing foods. The proportions depend on your constitution.

TEMPERATURE- refers to the energetics. Is a taste cooling or heating? Its a spectrum. Heating foods stimulate the bod, increasing metabolic processes, whilst cooling foods have a constricting effect on the body

The LONG TERM EFFECT ON THE BODY- refers to the post digestive effect on the body. It's an ayurvedic concept of the long term effect of a substance on the tissues It's the nutritive part of food left to be digested after its been transformed by agni. It represents the essence of food and has the propensity to build or reduce.

Ayurvedic food programs utilise these concepts to bring the dosha back into balance.



CATEGORIES OF FOODS

FOODS	VATA~ warming, moist, nourishing	PITTA~ cooling, dry, nourishing	KAPHA~ light, dry, spicy
<p>Beans/Pulses~ (beans, peas, lentils) are highly nourishing and generally hard to digest. They create bloating, gas and distension. They require a robust digestive system. They should be eaten a few times per week and are best mixed with grains for easier digestion</p> <p>They are best for Pitta and Kapha due to their drying nature ~Pitta and Kapha both sharing the quality of moistness) and best avoided by Vata due to dryness and their variable digestive fire</p>	<p>Vata types have sensitive tummy and are prone to gas and distention. Beans are drying and hard to digest and create gas and bloating. If you have a sensitive tummy then avoid beans. Mung dahl and Adzuki beans are good choices for Vata as they are anti-inflammatory and go down well.</p> <p>Need to be cooked well and spiced ~ 2 x per week</p>	<p>Pitta's are best suited too beans because they have strong agni/digestion. Beans are filling and dense, so Pittas can eat them 2x per day as needed. Choose from Mung, adzuki, tofu, kidney, navy beans</p> <p>2x per day</p>	<p>Kapha's like Vata have low digestive enzymes and may have difficulty digesting beans. They do well with the smaller beans and pulses, like lentils, dahl, mung dahl and adzuki</p> <p>Beans need to be cooked well and spiced with pungent spices</p> <p>Daily~ mung dahl or adzuki</p>

GRAINS

FOODS	VATA~ warming, moist, nourishing	PITTA~ cooling, dry, nourishing	KAPHA~ light, dry, spicy
<p>Whole grains only- Tend to be moist, heavy and grounding. They build strength, stamina and immunity. They mix well with vegetables. Only fresh, whole grains are considered in the plan as they contain many vitamins and minerals.</p> <p>Modern refinement makes grains difficult to digest and they result in metabolic toxins in the digestive system and the body Their qualities make them good for Vata and Pitta. Lighter, drier grains benefit Kapha</p>	<p>Vata types do well with heavier grains as these are both building and strengthening. They can be eaten at all meals. During this cleanse, focus on Basmati Rice~ white or Brown Couscous and Oats Grains Every meal if needed or 1/3 of daily consumption</p>	<p>Heavier grains, High Quantity Barley, Couscous, Rice (basmati) Oats, Brown rice, Amaranth, Quinoa Rye Every meal if needed or 1/3 of daily consumption</p>	<p>Kapha's do well with lighter grains and those that have a diuretic quality like Barley. Dense building grains like wheat or brown rice are too heavy for them. Choose from ~Barley, Amaranth, Millet, Quinoa, Basmati Rice sometimes 1/4 of daily consumption</p>

VEGETABLES

FOODS	VATA~ warming, moist, nourishing	PITTA~ cooling, dry, nourishing	KAPHA~ light, dry, spicy
<p>Are both cleansing and building. Veggies are nutritious and should be taken in large amounts. They can be divided into 2x categories~ root veggies that grow below the ground and leafy, those that grow above.</p> <p>Roots are more tonic and building. Leafy are lighter, higher in fibre and cleansing. Most veggie are calming, with the spicier ones being heating purifying</p> <p>Nightshades contain alkaloids and can aggravate Vata or Pitta as well as being aggravating to arthritic conditions. They are considered to be stimulating.</p>	<p>Vata is increased by leafy greens, cruciferous and raw vegetables. Vata is pacified when all vegetables are cooked and lightly spiced</p> <p>Best veggies are heavy and dense and includes all root vegetables.</p>	<p>Pitta is increased by hot spicy vegetables and nightshades inflammation. Pitta is pacified by heavy root veggies such as potatoes, yams, and bitter greens like dandelion, wheat grass, spinach, green veggie juices.</p>	<p>Kapha is increased by root vegetables like yams, potatoes, carrots and beets.</p> <p>Kapha is pacified by leafy greens and pungent vegetables like radishes, parsley raw onion and chillies. Raw is best in summer and cooked the rest of the year.</p>

FRUIT

FOODS	VATA~ warming, moist, nourishing	PITTA~ cooling, dry, nourishing	KAPHA~ light, dry, spicy
<p>Lightest foods which are generally cleansing and detoxifying on the body, if they are chemical free and ripe.</p> <p>Fruit is not nourishing enough to support well being, except for coconut and avocado which are both heavy.</p> <p>Fruit should be eaten alone as it is light and easy to digest</p>	<p>Vata does best with cooked fruits due to their low/irregular digestive fire. They should avoid dry fruits. When cooking add warming spices like ginger, cinnamon, cardamon</p>	<p>Pitta does best with sweet, ripe fruit and should avoid sour fruits</p>	<p>Kapha does best with sour fruits or those that are mildly sweet. Too much sweet fruit or watery fruits will aggravate kapha as they increase water content. Dried fruits are good for kapha</p>

OILS

FOODS	VATA~ warming, moist, nourishing	PITTA~ cooling, dry, nourishing	KAPHA~ light, dry, spicy
<p>Good quality oils are an important part of a healthy diet. Most are oily and heavy.</p> <p>Some like coconut and ghee are considered cooling, whilst olive oil is considered to be drying.</p> <p>In general, oils are tonifying to all tissues and most of them nourish plasma, fat and reproductive tissue.</p>	<p>Vata benefits from warm heavy oils such as sesame, flaxseed and almond oils. They can take small amounts of Ghee and olive oil which are cool</p>	<p>Pitta benefits from heavy cool oils such as ghee, olive oil, coconut and sunflower</p>	<p>Kapha needs small amounts of oil. Traditionally heating heating oils like mustard, corn and safflower were used.</p>



DRINKS

FOODS	VATA~ warming, moist, nourishing	PITTA~ cooling, dry, nourishing	KAPHA~ light, dry, spicy
<p>What you drink directly supports your plasma and lymphatic system according to Ayurveda. Modern science understands the connection between immune health and the lymphatic system</p> <p>Ditch ice and cold drinks. They suppress agni, especially when taken with food.</p> <p>Best to sip small amounts of warm water throughout the meal. The job of the stomach is to liquify food...if there is too little or too much water this process is compromised</p>	<p>Vata benefits from lots of water due to their dry nature. Best to avoid all iced drinks as they will make you cold and caffeinated drinks as they deplete your adrenals. Take room temperature water, nut milks and herbal teas</p>	<p>Pitta benefits from moderate amounts of water. More in summer due to their hot nature. Coffee is too heating and stimulating and best avoided. Bitter or cooling herbal teas are best along coconut water or aloe vera juice for a hot tummy</p>	<p>Kapha needs the least water. Avoid all iced drinks and instead drink spiced water like ginger to stimulate the lymphatic system</p>





Hello! **I HOPE YOU
ENJOYED THIS
SERIES**

THANK YOU~

EMAIL~ELNIAYURVEDA@ME.COM

PHONE~ +61 433518769

Health and well-being is our greatest asset!
I have been growing into Ayurveda for 20+ years.
I truly believe this system of health contains all the wisdom to keep us healthy
and happy.
My passion is sharing and teaching Ayurveda. I love to garden, cook, study
and make Ayurvedic goodies....I have had the privilege to assist 100's of
students on their journey into Ayurveda.....
I hope to assist you too!

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