



Pitta Pacifying / Anti-inflammatory Diet

To pacify Pitta avoid these foods in priority because they are heating, irritating and pitta aggravating or cause inflammation:

- Fried foods
- Red meat
- Coffee and caffeine
- Toxic substances: alcohol, tobacco, drugs.
- Refined sugars
- Refined grains
- Processed foods with preservatives
- Heating oils: peanut, sesame, safflower and almond oils
- Nightshades (tomatoes, bell peppers, potatoes, eggplants, etc.)
- Spinach and chard
- Hot and spicy foods
- Sour foods and sour fruits
- Acidic foods
- Citrus fruits, except limes
- Fermented foods (alcohol, vinegars, kombucha)
- Too much salt

Favor sweet fruits:

Sweet apples, avocado, sweet berries, sweet cherries, coconut, dates, figs, red and purple grapes, ripe mangoes, sweet oranges, plums, pomegranates, prunes, raisins, strawberries.

Favor sweet and bitter vegetables:

Artichoke, asparagus, beets (cooked), broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, cilantro, cucumber, dandelion greens, fennel, green beans, kale, lettuce, mushrooms, okra, black olives, onions (cooked), parsley, parsnips, peas, squash, zucchini

Grains to avoid / favor:

Bread with yeast. Sourdough is a better option, buckwheat, corn, millet, rye, brown rice

Dairies to avoid:

Salted butter, buttermilk, hard cheeses, sour cream, store bough yogurt (freshly made homemade yogurt is ok as it is less sour)

Animal products to limit or avoid:

Beef, dark chicken meat, duck, egg yolk, salt water fish, lamb, pork, salmon, sardines, seafood, dark turkey meat.

Avoid or limit condiments that are fermented, sour, salty or pungent.

Nuts and seeds are general hot and oily and pitta aggravating. The best choices are soaked and peeled almonds and coconut.

Use spices moderately. Spices that don't aggravate pitta are: Anise, cardamom, cinnamon, cloves, coriander, cumin, dill, fennel, fresh ginger, mint, peppermint, saffron, spearmint, turmeric, vanilla.