

Pitta diet food



**ASSIGN
BUSTER**

They are of medium build, with greater muscular development than that displayed by vata. Their skin is soft and warm, and they have a lot of body heat and often perspire excessively. Their hair is thin and often reddish or blond, and they may experience premature graying, baldness or excessive hair loss. Their skin flushes easily and they often have many freckles and moles. Their skin develops acne, rashes, bruises or sunburn easily.

Ayurvedic Body Types The Five Elements Mind Types Kapha Diet Vata Diet
Item Eat more Cool, sweet and juicy foods Vegetables Asparagus, bell pepper, broccoli, brussel sprouts, cabbage, cauliflower, celery, corn, cucumber, lettuce, mushroom, peas, parsnip, potato, squash, zucchini, salads Apples, banana, dates, coconut, grapes, lychee, mango, melons, pomegranate Barley, oats, rice, wheat Eat less Acidic, sour, spicy, salty, oily foods Avocado, beets, carrots, chilies, eggplant, olives, onion, pickles, radish, spinach, tomato, turnip Apricots, berries, cherries, citrus fruits, cranberries, papaya, peaches, pineapple, plums rhubarb Corn, millet, rye, buckwheat Lentils Pitta Diet Fruits Grains Beans All beans Nuts & Seeds Coconut, pumpkin and sunflower seeds Most nuts, sesame seeds Dairy Unsalted butter, ghee, milk, soft cheeses, buttermilk, sweet lassi

Sour cream, yogurt, hard cheeses, sour buttermilk, ice cream Asafoetida, basil, bay leaf, caraway, clove, cayenne, cinnamon, fenugreek, garlic, sage, ginger, mustard seeds, nutmeg, onion, pepper, Almond, corn, sesame, olive, peanut Herbs & Spices Cardamom, coriander, cumin, dill, fennel, lemongrass, mint, rose, turmeric Oils Beverages Coconut, sunflower, soy Cool drinks, milk, water, coconut Carbonated drinks, hot milk, fruit and vegetable juice drinks, coffee, tea, alcohol 1 of 2 19-Mar-13 1: 08 PM Pitta

Diet, Food for Pitta Body Types, Pitta Dosha, Ayurvedic Body Type
<http://www.jiva.com/ayurveda/about-ayurveda/329.html> Treatment Online
Consultation Phone Consultation Clinic Consultation Problems We Treat Case
Studies Jivananda Healthcare Packs Classical Formulas Books and DVDs Mind
Type Test Articles Recipes Home Remedies Jivagram

Ayur Tour Services Book Your Tour FAQs Clinics Locate a Clinic Our Facilities
Panchakarma Jiva Franchise About Jiva Dr. Chauhan's Profile Jiva on TV Media
News ; Events Ayurbaby Courses Train with us Learn with us Where's Dr.
Chauhan AyurShop Beauty Products Complete Health About Ayurveda Check
your VPK Paramayu Speak to an Ayurvedic doctor at +91-129-4040404 for a
free health consultation between 9am and 9pm IST. Privacy Policy |
Disclaimer | Sitemap | Return Policy | Secure Shopping | Shipping Policy |
How to Pay | Contact Us Best Viewed in 1024 x 768, Firefox 4.0. Copyright ©
2011-2012. Jiva Institute. All rights reserved. 2 of 2 19-Mar-13 1: 08 PM