

AYURVEDIC DIET 101





FOUR MAIN DIGESTIVE TYPES



BALANCED
VARIABLE
SHARP
WEAK/SLOW



BALANCED DIGESTION

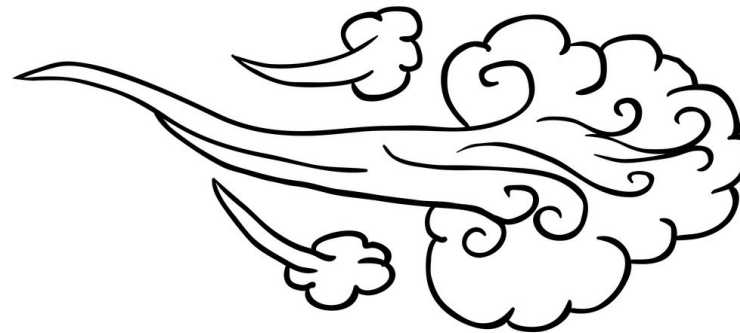
- digestion, absorption, and elimination are all normal and healthy
- you digest food easily, without any symptoms or even noticing
- hunger arrives at regular mealtimes
- regular weight
- clear, sharp, alert senses
- feces or stool is similar to a brown, ripe banana and floats
- tongue is pink, soft, smooth and moist with little to no white coating in the morning
- good energy, a bright mood and pleasant demeanor





VARIABLE DIGESTION

- Vata type digestion (excess space + air or random lifestyle)
- fluctuates between nonexistent or weak to a strong hunger. variable
- erratic and shows up at random times
- irregular eating patterns
- can cause gas, bloating, gurgling, distention, or constipation
- underweight or overweight
- stool tends to be small, dry, or hard
- tongue has brownish-black coating, is dry, or has scalloped edges
- low energy, get tired easily
- tends towards feeling ungrounded, fearful, anxious, insecure, etc





SHARP DIGESTION



- Pitta type digestion (excess fire or acid and bile)
- hunger is sharp, fierce, intense or strong
- person can get “hangry” or irritable without food
- hypoglycemic or blood sugar issues
- can cause: acid reflux, heart burn, hot flashes, acid indigestion
- stool is more often soft, loose, or tends towards diarrhea. Can be rusty / orange in color, falls apart, or has undigested pieces of food in it.
- yellow coating on tongue, red patches or red spots, or a bright red tongue
- gets tired when hungry
- leads to judgemental or critical attitude, anger, etc



SLOW/ WEAK DIGESTION

- Kapha type digestion (excess water + earth or mucous)
- slow, weak, dull, wet, slimy, soggy, sluggish digestion
- hunger is low. feel full easily
- can skip meals, but may eat when bored, depressed, or for pleasure
- gains weight easily
- creates mucous, cough or congestion
- can create edema, water retention, nausea, loss of appetite, puffiness, swollen face in the morning, swollen lymph nodes
- tends towards allergies or obesity
- stool tends to be soft, dense and heavy. dark brown or black, possibly with mucous and tends to sink
- white coating on tongue, more moisture, excess saliva or slimy coating
- gets tired after eating
- leads to depression, attachment, greed, lethargy and dullness in mind



SIX TASTES

SWEET
SOUR
SALTY
PUNGENT
BITTER
ASTRINGENT





SWEET TASTE

elements – earth + water

qualities – heavy, moist and cooling

effects – builds tissues and increases bulk, moisture and weight in the body.
creates the feelings of love and satisfaction.

Sweet taste has a nourishing and soothing effect. It calms the nerves or an anxious vata mind and soothes the fiery pitta personality. In excess, it creates congestion, phlegm, cough, lethargy, indigestion and obesity. It can also create the feelings of desire, attachment, need and passivity.





SWEET TASTE

most fruits – apples, apricots, avocado, bananas, cantaloupe, dates, figs, mangoes, melons, nectarines, papaya, peaches, pineapple, plums, pears, red grapes, strawberries.

·vegetables – most root veggies – beets, carrots, potatoes, sweet potatoes; green beans, squashes, pumpkin, corn, cucumbers, zucchini, red yellow or orange bell peppers, peas, lettuce, etc.

·most dairy – milk, cream, butter, buttermilk, ghee, cheeses, and most 'non-dairy' substitutes – rice milk, nut milks, etc.

·most grains – amaranth, buckwheat, millet, oats, rice, wheat, bread.

·herbs – basil, bay leaf, caraway, cardamom, chyawanprash, cinnamon, coriander, fennel, licorice root, mint, nutmeg, saffron, shatavari, vanilla



SOUR TASTE

elements – water + fire

qualities – hot, light and moist

effects – stimulating to digestion, circulation and elimination. on the mind it creates mental acuity and sharpness.





SOUR TASTE

- most citrus fruits – lemons, limes, grapefruit, oranges, pineapple, sour cherries and berries, green grapes, green apples, tomatoes, tamarind
- yogurt, sour cream, cottage cheese and other cultured milk products and cheeses
- fermented or pickled foods, sauerkraut, soy sauce, and things with vinegar
- wine, kombucha





SALTY TASTE

elements – earth + fire

qualities – hot, heavy and moist

effects – lubricates tissues and stimulates digestion. calms the mind





SALTY TASTE



- all the standard salts – sea salt, pink himalayan salt, rock salt, etc.
- sea vegetables such as kelp, seaweed, nori and kombu
- celery, swiss chard, miso
- most processed foods, especially – canned foods, frozen prepackaged meals, anything with a flavor packet, fast food, etc.
- snack foods – salted nuts, chips, some crackers, etc.



PUNGENT TASTE

elements – fire + air

qualities – hot, dry and light

effects – stimulates digestion and metabolism, clears the sinuses,
promotes sweating and detoxification





PUNGENT TASTE

·arugula, chilies, garlic, ginger root, kimchi, leek, radish, mustard greens, onions, peppers, turnips, hot sauce,

·most spices especially black pepper, cardamom, cayenne, cloves, ginger, hing, mustard seeds, and paprika

·hot sauce, wasabi, horseradish, mustard





BITTER TASTE

elements – air + ether

qualities – light, cooling, drying

effects – detoxifies and lightens tissues. creates mental clarity and insight.





BITTER TASTE

·cabbage, brussel sprouts, bitter melon, burdock root, leafy greens (like kale, collards, dandelion greens or yellow dock), eggplant, jerusalem artichokes, dandelion root, sprouts

·fenugreek, cumin, dill, saffron, turmeric

·dark chocolate, raw cacao

·coffee, tea





ASTRINGENT TASTE

elements – air + earth

qualities – dry, cooling, and heavy

effects – absorbs water, tightens tissues and dries fat.





ASTRINGENT TASTE

- apples, cranberries, pomegranate, pears, dried fruits, unripe bananas
- alfalfa sprouts, avocado, broccoli, brussels sprouts, cabbage, carrots (raw), cauliflower, green beans, lettuce, peas, potatoes, most raw vegetables
- basil, bay leaf, caraway, coriander, dill, fennel, marjoram, nutmeg, oregano, parsley, poppy seeds, rosemary, saffron, turmeric, vanilla
- beans, legumes and lentils





DIET FOR BALANCED DIGESTION

Two things to keep in mind:

1. Don't abuse it because you feel you can get away with it.
2. Notice what keeps it feeling great.

Overall, a balanced digestion does well with most foods. You can practice creating your meals with all six tastes, and adjust the tastes or ingredients based on the season.





DIET FOR VARIABLE DIGESTION

EMPHASIZE: Sweet, Salty and Sour taste

REDUCE: Bitter, Pungent and Astringent taste

QUALITIES OF A VARIABLE DIGESTION: dry, light, cold, subtle, mobile and rough

BALANCING FOODS ARE: moist, heavy, warm, grounding and oily

Soups, stews, cooked root veggies, warm porridge,



Eat at the same standard time everyday. Create rhythm and routine in your daily life.

Always sit down and enjoy your meal. Be ready to take in your nourishment. Close off all distraction, and never eat while standing up or on the go.

Practice stress management and good self care.



DIET FOR SHARP DIGESTION

EMPHASIZE: Sweet, Bitter and Astringent Taste

REDUCE: Salty, Sour and Pungent Taste

QUALITIES OF A VARIABLE DIGESTION: oily, sharp, hot, light, moving, liquid and acidic

BALANCING FOODS ARE: cooling, drying, more dull or bland, simple, and heavy



sweet and simple tastes of fresh juicy fruits, sweet veggies, bitters (such as bitter greens, cauliflower or broccoli) and astringent foods like beans, pomegranate, kale and cilantro.

Eating a very simple diet, that is almost bland or a lot of mono foods, is also helpful; less fancy, flashy, extravagant meals and more basic, wholesome foods.

Relax in the evening. Reduce sharpness. Soften



DIET FOR SLOW DIGESTION

EMPHASIZE: Pungent, Bitter and Astringent Taste

REDUCE: Sweet, Salty, and Sour Taste

QUALITIES OF A VARIABLE DIGESTION: moist, cold, heavy, dull, soft, sticky

BALANCING FOODS ARE: light, dry, warming and stimulating



Beans and legumes, fruits like pomegranate or berries, some spices like turmeric, and many vegetables

Hot, clear, brothy soups

Spices – black pepper, basil, cayenne, clove, cinnamon, ginger, lemon, mustard, turmeric etc can be used.

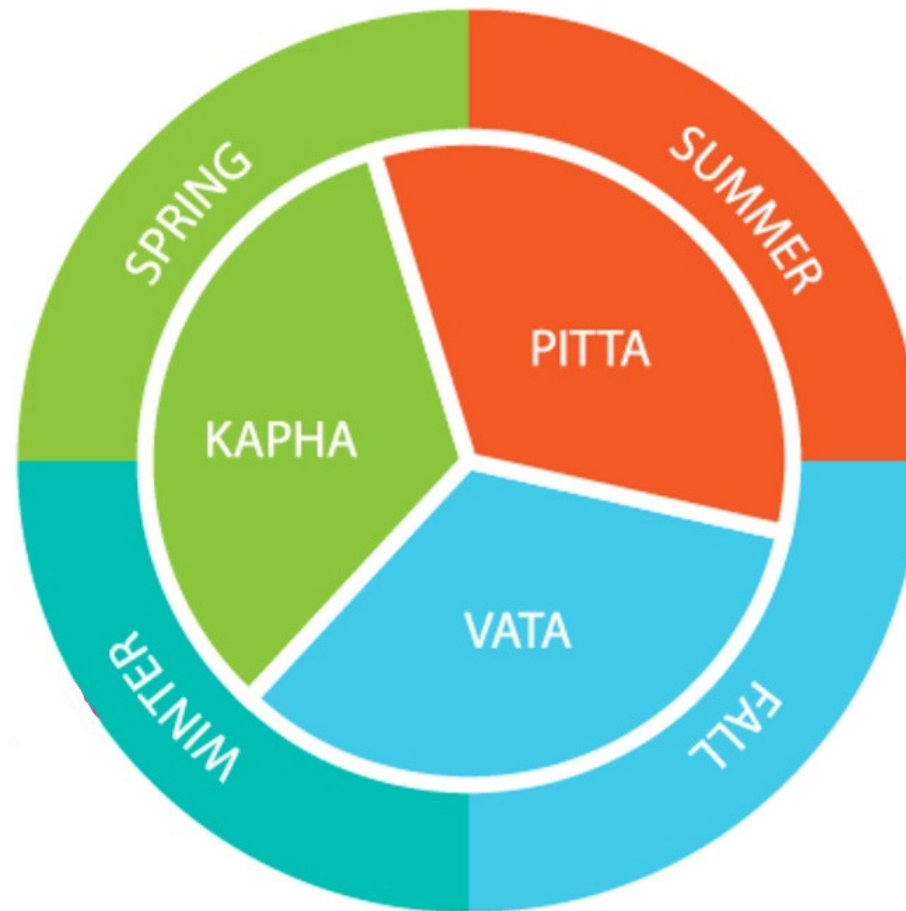
Warm, spicy teas or hot lemon water are great!

Vigorous Exercise, space out meals, Early light dinner, No snacking



SEASONS

cleansing
light
reducing



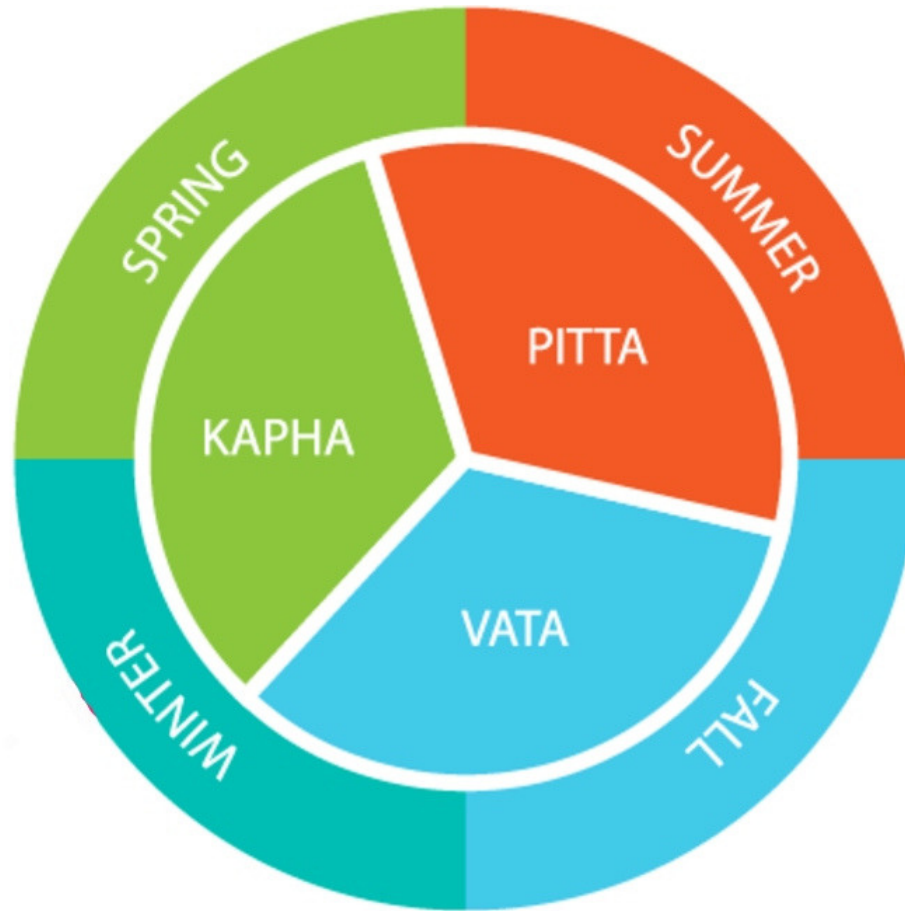
cooling
sweet
bland

warming
grounding
lubricating



SEASONS

pungent
bitter
astringent



sweet
bitter
astringent

sweet
salty
sour



EXAMPLE MEAL

Green Juice

- | | |
|------------|---------------------|
| sweet | -- apple + cucumber |
| salty | -- celery |
| sour . | -- lemon |
| pungent | -- ginger |
| bitter | -- turmeric |
| astringent | -- kale |





EXAMPLE MEAL

Kitchari

- | | |
|------------|--|
| sweet | -- rice, carrots, ghee |
| salty | -- salt |
| sour . | -- lemon or sauerkraut |
| pungent | -- ginger, hing, mustard seeds |
| bitter | -- turmeric, fenugreek, cumin, cilantro |
| astringent | -- split mung dal, kale, broccoli, coriander, fennel |





EXAMPLE MEAL

Salad

- sweet -- avocado, olive oil, carrots and beets
- salty -- salt
- sour . -- balsamic vinegar or sauerkraut
- pungent -- radishes
- bitter -- kale, sprouts
- astrigent -- raw veggies - kale, radish, carrots, beets





REVIEW

Lifestyle Matters!

Adjust daily habits to impact digestive health

Food has an energetic effect on the digestion, body, and mind. Tune into the qualities to better understand it's impact.

Nothing is constant. Check in with how you feel and what you need, and choose seasonal foods from there.