

# Constitutional Food Guidelines - Earth Type (Kapha)

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
Apples	Sweet & sour fruit
Apricots	Avocado
Berries	Bananas
Cherries	Coconut
Cranberries	Dates
Mango	Figs (fresh)
Peaches	Grapefruit
Pears	Grapes
Persimmon	Kiwi
Pomegranate	Lemons
Prunes	Limes
Quince	Melons
Raisins	Oranges
Strawberries	Papaya
	Pineapples
	Plums
	Rhubarb
	Watermelon

Vegetables	
Emphasize	Limit
Raw, Pungent & Bitter Vegetables	Sweet & Juicy vegetables
Asparagus	Hard squash
Beets & greens	Cucumber
Bell Peppers	Olives
Broccoli	Pumpkin
Brussels Sprouts	Rutabagas
Cabbage	Sweet potatoes
Carrots	Tomatoes
Cauliflower	Zucchini
Celery	
Fresh Corn	
Daikon Radish	
Eggplant	
Garlic	
Green beans	
Horseradish	
Jerusalem Artichoke	
Jicama	
Kohlrabi	
Leafy greens	
Leeks	
Lettuce	
Mushrooms	
Okra	
Onions	
Parsley	
Peas	
Peppers	
Potatoes (white)	
Radish	
Spinach	
Sprouts	
Summer Squash	
Turnips & greens	
Watercress	

Grains	
Emphasize	Limit
Amaranth	Oats (cooked)
Barley	Rice (brown and white)
Buckwheat	Wheat
Corn	
Millet	
Oat Bran	
Oats (dry)	
Quinoa	
Rice Cakes	
Rye	
Wheat bran	

Oils	
Emphasize	Limit
Almond	Avocado
Corn	Apricot
Sunflower (in very small amounts)	Coconut
	Olive
	Safflower
	Sesame
	Soy
	Walnut

Condiments	
Emphasize	Limit
Black pepper	Coconut
Chili pepper	Lemon
Coriander leaves	Lime
Daikon radish	Mango chutney
Garlic	Mayonnaise
Ginger (dry)	Pickles
Horseradish	Salt
Lettuce	Seaweeds
Mint leaves	Sesame seeds
Mustard	Soy sauce
Onions	Tamari
Radish	
Sprouts	

Legumes	
Emphasize	Limit
Aduki beans	Black lentils
Black beans	Cold Soy Milk
Black-eyed Peas	Cold Tofu
Garbanzos	Common Lentils
Lima Beans	Kidney beans
Kala Chana	Mung beans
Navy Beans	Soy Beans
Red Lentils	Soy Cheese
Split Peas	Soy Flour
Hot Tofu	Soy Powder
White beans	Tempeh

Seeds	
Emphasize	Limit
Chia	Psyllium
Flax	Sesame
Pumpkin	
Sunflower	

Dairy	
Emphasize	Limit
Ghee	Butter
Goat's milk	All cheeses
Diluted yogurt (1:4 parts or more with water)	Buttermilk
	Cows milk
	Ice cream
	Yogurt (undiluted)

Sweeteners	
Emphasize	Limit
Raw Honey	Barley Malt Syrup
Fruit juice	Brown Rice Syrup
	Fructose
	Jaggery
	Maple Syrup
	Molasses
	Sucanat
	Sugar Cane Juice
	White Sugar

Nuts	
Emphasize	Limit
	Almonds
	Black Walnuts
	Brazil Nuts
	Cashew
	Coconut
	English walnuts
	Filberts (Hazelnuts)
	Macadamia Nuts
	Peanuts
	Pecans
	Pine Nuts
	Pistachios

Beverages		
Emphasize	Limit	Limit
Aloe vera juice	Grain Teas	Carbonated Drinks
Apple juice	Grape Juice	Dairy drinks
Berry juice	Mango Juice	Cold drinks
Caffeine (ok in moderation)	Mixed vegetable juice	Sour Juices and teas
Carob	Pomegranate juice	Alcohol (in excess)
Ginger juice	Pungent teas	Coconut milk
Cherry juice	Prune juice	Chocolate
Hot Spiced Goat milk	Soy milk (well spiced and warm)	Grapefruit Juice
Low salt vegetable boullion		Highly salted drinks
		Lemonade
		Licorice tea
		Miso broth
		Orange juice
		Papaya juice
		Soy Milk (cold)
		Tomato juice

Herb Teas		
Emphasize	Limit	Limit
Ajwan	Juniper berries	Herb Teas
Alfalfa	Lavendar	Comfrey
Barley	Lemon Balm	Licorice tea
Basil	Lemon Grass	Marshmallow
Bancha	Mormon Tea	Oat Straw
Blackberry	Nettle	Rosehips
Borage	Orange Peel	
Burdock	Osha	
Catnip	Passionflower	
Chamomile	Pennyroyal	
Chicory	Peppermint	
Chrysanthemum	Raspberry	
Cinnamon	Red Clover	
Cloves	Rose Flowers	
Corn Silk	Saffron	
Dandelion	Sage	
Elder flowers	Sarsaparilla	
Eucalyptus	Sassafras	
Fennel	Spearmint	
Ginger (dry)	Strawberry Leaves	
Ginseng		
Hawthorne	Violet	
Hibiscus	Wintergreen	
Hops	Yarrow	
Hyssop	Yerba Mate	
Jasmine		

Spices		
Emphasize	Limit	Limit
Ajwain	Mustard seeds	Tamarind
Allspice	Neem leaves	
Anise	Nutmeg	
Asafoetida	Onion	
Basil	Orange peel	
Bay Leaf	Oregano	
Black Pepper	Paprika	
Caraway	Parsley	
Cardamom	Peppermint	
Cayenne	Pippali	
Cinnamon	Poppy seeds	
Clove	Rosemary	
Coriander	Rose Water	
Cumin	Saffron	
Dill	Sage	
Fenugreek	Savory	
Fennel	Spearmint	
Garlic	Star Anise	
Ginger (dry)	Tarragon	
Horseradish	Thyme	
Mace	Turmeric	
Marjoram	Vanilla	
Mint	Wintergreen	