

Constitutional Food Guidelines - Fire Type (Pitta)

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(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 |
| <i>Sweet Fruits</i> | | |
| | <i>Sour fruits</i> | |
| Apples (sweet) | Apples (sour) | |
| Apricots (sweet) | Berries (sour) | |
| Avocado | Bananas | |
| Berries (sweet) | Cherries (sour) | |
| Coconut | Cranberries | |
| Dates | Grapefruit | |
| Figs | Grapes (green) | |
| Grapes (sweet) | Kiwi | |
| Pears | Lemons | |
| Plums (sweet) | Limes | |
| Pomegranate | Papaya | |
| Prunes | Peaches | |
| Raisins | Pineapples (sour) | |
| Watermelon | Persimmon | |
| | Plums (sour) | |
| | Rhubarb | |
| | Strawberries | |

| Vegetables | | |
|------------------------------------|---------------------------|-------|
| Emphasize | | Limit |
| <i>Sweet and Bitter vegetables</i> | | |
| Hard squash | <i>Pungent vegetables</i> | |
| Artichoke | Beet (in excess) | |
| Bell Pepper | Beet greens (in excess) | |
| Broccoli | Daikon radish | |
| Brussels Sprouts | Eggplant | |
| Burdock Root | Garlic | |
| Cabbage | Horseradish | |
| Fresh Corn | Olives (green) | |
| Cauliflower | Kohlrabi | |
| Cucumber | Leeks | |
| Celery | Mustard greens | |
| Green Beans | Onions (raw) | |
| Jersusalem Artichoke | Chili peppers | |
| Jicama | Pumpkin | |
| Leafy Greens (collards, dandelion) | Radish | |
| Lettuce | Spinach | |
| Mushrooms | Tomatoes | |
| Okra | Turnips | |
| Olives (black) | Turnip greens | |
| Parsley | | |
| Parsnip | | |
| Peas | | |
| Peppers (green) | | |
| Potatoes (sweet) | | |
| Potatoes (white) | | |
| Rutabaga | | |
| Sprouts | | |
| Summer Squash | | |
| Watercress | | |
| Zucchini | | |

| Grains | | |
|----------------|--------------|-------|
| Emphasize | | Limit |
| Barley | Amaranth | |
| Oats (cooked) | Buckwheat | |
| Rice (basmati) | Corn | |
| Rice Cakes | Millet | |
| Wheat | Oats (dry) | |
| Wheat bran | Oat bran | |
| | Rice (brown) | |
| | Rye | |

| Dairy | | |
|------------------------------------|---------------|-------|
| Emphasize | | Limit |
| Unsalted butter | Salted butter | |
| Cottage cheese | Buttermilk | |
| Mild, soft cheeses | Hard Cheese | |
| Ghee | Feta Cheese | |
| Cow's milk | Sour Cream | |
| Goats milk | Yogurt | |
| Diluted Yogurt (1:2-3 parts water) | | |

| Sweeteners | | |
|-------------------------|-----------|-------|
| Emphasize | | Limit |
| Barley Malt Syrup | Honey | |
| Brown Rice Syrup | Raw Sugar | |
| Maple Syrup | Molasses | |
| Fruit Juice Concentrate | | |

| Legumes | | |
|----------------------|---------------|-------|
| Emphasize | | Limit |
| Aduki beans | Black Lentils | |
| Black-eyed peas | Red Lentils | |
| Garbanzos | | |
| Kidney beans | | |
| Common Lentils | | |
| Lima Beans | | |
| Mung Beans | | |
| Navy Beans | | |
| Pinto Beans | | |
| Soy Beans & Products | | |
| Split peas | | |
| Tempeh | | |
| Tofu | | |
| White Beans | | |

| Seeds | | |
|-----------|--------|-------|
| Emphasize | | Limit |
| Psyllium | Chia | |
| Pumpkin | Flax | |
| Sunflower | Sesame | |

| Condiments | | |
|----------------------|--------------------|-------|
| Emphasize | | Limit |
| Black pepper | Chili peppers | |
| Coconut | Daikon radish | |
| Coriander leaves | Garlic | |
| Cottage Cheese | Ginger | |
| Dulse (well rinsed) | Gomasio | |
| Ghee | Horseradish | |
| Hijiki (well rinsed) | Ketchup | |
| Kombu | Mustard | |
| Lettuce | Lemon | |
| Mango Chutney | Lime | |
| Mint Leaves | Mayonnaise | |
| Sprouts | Onions (raw) | |
| | Pickles | |
| | Radish | |
| | Salt (in excess) | |
| | Seaweed | |
| | Sesame Seeds | |
| | Soy Sauce | |
| | Tamari | |
| | Yogurt (undiluted) | |

| Oils | | |
|-----------------------------|-----------|-------|
| Emphasize | | Limit |
| <i>all in small amounts</i> | | |
| Avocado | Almond | |
| Coconut | Apricot | |
| Olive | Corn | |
| Sunflower | Safflower | |
| Soy | Sesame | |
| Walnut | | |

| Beverages | | |
|-----------------------|---------------------------------|---------------------|
| Emphasize | | Limit |
| Aloe vera juice | Grain teas: (cafix, Roma, Pero) | Alcohol |
| Apple juice | Grape juice | Berry juice (sour) |
| Apricot juice | Mango juice | Carbonated drinks |
| Berry juice | Peach nectar | Cherry juice (sour) |
| Mixed vegetable juice | Pear juice | Coffee |
| Carob | Pomegranate juice | Chocolate |
| Cherry juice (sweet) | Prune juice | Cranberry juice |
| Coconut | Soy milk | Grapefruit |
| Cool dairy drinks | Vegetable boullion | Salted drinks |
| Goat milk | | Ice cold drinks |

| Herb Teas | | |
|---------------|----------------|------------------|
| Emphasize | | Limit |
| Alfalfa | Nettle | |
| Bancha | Oat straw | |
| Blackberry | Orange Peel | |
| Barley | Passion Flower | |
| Borage | Peppermint | <i>Herb Teas</i> |
| Burdock | Raspberry | Ajwain |
| Catnip | Red Clover | Basil |
| Chammomile | Rose Flowers | Cinnamon |
| Chicory | Saffron | Cloves |
| Chrysanthemum | Sarsparilla | Eucalyptus |
| Comfrey | Spearmint | Fenugreek |
| Corn silk | Strawberry | Ginger (fresh) |
| Dandelion | Violet | Ginseng |
| Elder flower | Wintergreen | Hawthorne |
| Fennel | Yarrow | Hyssop |
| Hibiscus | | Juniper berries |
| Hops | | Mormon tea |
| Jasmine | | Osha |
| Lavendar | | Pennyroyal |
| Lemon Balm | | Rosehips |
| Lemon Grass | | Sage |
| Licorice | | Sassafras |
| Marshmallow | | Wild Ginger |
| | | Yerba Mate |

| Spices | | |
|--------------|---------------|-------|
| Emphasize | | Limit |
| Black pepper | Ajwan | |
| Cardamom | Allspice | |
| Coriander | Anise | |
| Cumin | Asafoetida | |
| Dill | Basil | |
| Fennel | Bay leaf | |
| Mint | Caraway | |
| Orange peel | Cayenne | |
| Parsley | Cloves | |
| Peppermint | Fenugreek | |
| Rose water | Garlic (raw) | |
| Saffron | Ginger | |
| Spearmint | Horseradish | |
| Turmeric | Mace | |
| Vanilla | Marjoram | |
| Wintergreen | Mustard seeds | |
| | Nutmeg | |
| | Oregano | |
| | Paprika | |
| | Poppy seeds | |
| | Rosemary | |
| | Sage | |
| | Savory | |
| | Star Anise | |
| | Tamarind | |
| | Tarragon | |
| | Thyme | |