

Tastes of Some Common Foods - Ayurvedayogacenter.com

| <i>Taste (Rasa)</i> | <i>Actions</i> | <i>Attributes (Gunas)</i> | <i>Sample of Foods</i> |
|---------------------|--|---------------------------|---|
| Sweet | <ul style="list-style-type: none"> Increases stability and satisfaction Builds tissues Calms nerves | Cold, oily, heavy | Sugar, all fruit juices, honey, rice, wheat bread and other complex carbohydrates (grains), milk, cream, butter, beef, fish, pork, fats, oils, beets, cucumber, potato, apple, grapes, melons, peaches, pears, licorice, saffron, cardamom, cinnamon, most nuts, ghee |
| Sour | <ul style="list-style-type: none"> Discrimination Cleanses tissues Increases absorption of minerals | Hot, heavy, oily | Yogurt, cheeses, green grapes, lemons, orange, spinach, banana, tomato, vinegar, all fermented foods, pickles |
| Salty | <ul style="list-style-type: none"> Builds courage Reduces fear lubricates tissues stimulates digestion | Hot, oily, heavy | Sea salt, salted nuts, potato chips, fast food, canned food, seaweed, seafood |
| Pungent | <ul style="list-style-type: none"> Increases Passion Stimulates digestion & metabolism | Hot, light, dry | Onion, garlic, radish, ginger, chili, clove, cayenne pepper, hot mustard sauce, chicken, eggs, safflower oil, black pepper, pumpkin seeds |
| Bitter | <ul style="list-style-type: none"> Tempers expansion of the mind & spiritual awareness Detoxifies and lightens tissues | Cold, light, dry | Dark leafy greens, bitter greens, turmeric, goldenseal, dandelion root, fenugreek, caffeine, nicotine |
| Astringent | <ul style="list-style-type: none"> Expands mind, reduces anger, & judgement Absorbs water Tightens tissues Dries fat | Cold, medium | Unripe bananas, cranberries, beans, lentils, broccoli, cabbage, cauliflower, spinach, cinnamon, legumes, raw fruit |

Vata Dosha needs: predominately **sweet, sour, salty**, warm, moist, heavy, no coffee

Pitta Dosha needs: **sweet, bitter, astringent**, cool, dry, no spices, no coffee, no alcohol

Kapha Dosha needs: **pungent, bitter, astringent**, light, stimulating, drying, hot spices, warm



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