

Pitta Reducing Diet

Class of Food	Do's	Don't
Cereals	White Rice Wheat Oats Jowar large millet Barley Parched paddy	Corns, small millet (Bajra)
Pulses	Moong beans Red lentils Green gram	Black gram Horse Gram Bengal gram Dried peas Cow gram
Vegetables	Small amaranths Bitter gourd Snake gourd Cucumber lettuce Cilantro Red gourd Asparagus Cabbage Cauliflower Beet Spinach	Mustard Eggplant Fenugreek leaves Tomatoes Sour vegetables

Fruits	All sweet and cooling fruits Apple Raisin Cucumber Pomegranate Amla Grapes Dates Melons Sweet berries	Tamarind Plum Citrus fruits Papaya Mango Cashew nuts Pistachio Pineapple
Sugarcane & its product	Sugar Sugarcane juice Fruit syrups Maple syrup	Jaggery
Oils	Coconut oil Sunflower oil	Mustard Sesame seed oil
Meats	Meat soup of – like chicken, Turkey	
Greens	Aniseed Coriander	
Milk & its products	Cow & Goat's milk Ghee	Meat soup of lamb Beef
Spices	Mild herbs, bitter in taste are good Turmeric, Cumin, Coriander Saffron Mint	Hot and Pungent herbs like, Cayenne, Dry ginger Fenugreek seeds Black pepper Mustard seeds Asafetida