

Tips for Pacifying Pitta

Pitta-Pacifying Diet

Primarily: Favor juicy, cooling foods with high water content. Avoid hot spices (chilies, cayenne, etc.), alcohol, vinegar, fried foods, tomatoes, yogurt and cheese. Food is best fresh, local, and organic if possible. Avoid left-overs, processed or packaged foods, preservatives, artificial ingredients and salty foods. Drink cool to luke warm drinks, not hot, not iced. Favor sweet, bitter, and astringent tastes.

1. Dairy. Milk (boiled and served cool to warm), sweet lassi, panir (homemade cheese from milk) butter and Ghee are good for pacifying Pitta. Reduce yogurt, cheese, sour cream and cultured buttermilk (their sour tastes aggravate Pitta).
2. Grains: White Basmati or Jasmine rice, .) barley, oats, quinoa, kamut, amaranth, couscous.
3. Legumes: Mung beans, small kidney beans, non-fermented soy bean products (tofu is OK, avoid tempeh). All others OK in moderation.
4. Sweeteners. All natural (sugar cane, turbinado or date sugar) sweeteners are good except honey and molasses.
5. Oils. Olive, sunflower and coconut oils are best. Reduce sesame, almond and corn oil, all of which increase Pitta.
6. Fruits. Favor sweet fruits, such as grapes, cherries, melons, avocados, coconuts, pomegranates, mangos, and sweet, fully-ripened oranges, pineapples and plums. Reduce sour fruits such as grapefruits, olives, papayas, and unripe pineapples and plums.
7. Vegetables. Favor asparagus, cucumbers, potatoes, sweet potatoes, green leafy vegetables, pumpkins, broccoli, cauliflower, celery, okra, lettuce, green beans, yellow squash, and zucchini. Reduce hot peppers, tomatoes, carrots, beets, onions, garlic, radishes and spinach.
8. Nuts & Seeds: Pumpkin seeds. Blanched almonds in small amounts.
9. Spices. Cilantro, coriander, fennel, and parsley are very good. Cinnamon, fresh basil, cumin, saffron, and cardamom are all right. But the following spices strongly increase Pitta and should be taken only in small amounts: ginger, cumin, black pepper, fenugreek, clove, celery seed, salt and mustard seed. Chili peppers and cayenne should be avoided.

Your Pitta Balancing Shopping List!

Here is the most basic Ayurveda principle. **Like increases like while dislike (opposites) decrease like.** For example, if you are hot and you eat chili peppers you will get hotter. But if you are hot and you eat watermelon you will become cooler. Pitta is fire and also one Pitta location is the stomach and a primary function is digestion. So you get major triple-effect Pitta balancing benefits when you cool the fires of Pitta by eating cooling food. Pitta is cooled/balanced by eating sweet, astringent, and bitter foods.

Some cool foods you will know but others may surprise you. Here is a Pitta balancing, "cool" shopping list.

- zucchini
- asparagus
- cucumbers
- steamed greens
- broccoli
- mung beans



- white basmati rice
- grapes
- sweet pineapple
- coconut,
- cherries
- watermelon (always eat alone)
- sweet juicy pears
- mangoes
- milk
- fennel, mint, coriander, cilantro, parsley

Avoid

- hot spices, hot peppers
- yogurt
- sour cream
- tomatoes
- garlic and onions
- alcohol and caffeine

Please note: Even though you might choose more raw foods in the summer, it is still important to eat a fair share of warm cooked foods that are necessary for digestion and good nutrition for not only Vata and Kapha types, but also Pittas.

Pitta Tea

Pitta Tea—Pitta pacifying, cooling--use whole seeds, leaves, or powder as you prefer

1 tsp Hibiscus	1 tsp Fennel
1 tsp Rose Hips	1/2 tsp Licorice
1/2 tsp Red Clover	1/4 tsp Cardamom
1/2 tsp Skull Cap	Add a sprig of mint for more cool or a slice of

Pitta Churna

Pitta Churna is good for Pitta types year round and for all of us in Pitta season. Churnas are blends of herbs and spices which may be sautéed in ghee or oil for cooking or sprinkled over food at home or in a restaurant. A churna provides a balance of all the 6 food tastes which is important for healthy digestion.

Ingredients:

- 2 Tbl whole fennel seeds
- 1 Tbl whole coriander seeds
- 1 Tbl whole cumin seeds
- 1 Tbl ground turmeric
- 2 Tbl chopped fresh mint leaves
- 1 Tbl whole cardamom seed kernels
- Put all ingredients in an electric grinder or spice mill and grind them.
- Store in airtight container such as a (colored) glass jar