

**Balance and Imbalance: General Dietary and Food Tips for Pitta**

Pitta is increased by pungent, sour, and salty

Pitta is decreased by bitter, sweet, and astringent

Cool, dry, and slightly heavy foods keep pitta types from overheating. Eating calmly and regularly, and having a balanced breakfast support overall balance.

	<b>Enjoy</b>	<b>Instead of too much...</b>
<b>Grains</b>	Most, especially barley, but also wheat, rice, quinoa, and others.	Corn, millet, and rye, as they are heating.
<b>Fruits</b>	Sweet, cooling, astringent foods like pears, apples, mangoes, coconut, figs, and pomegranates.	Sour fruits like grapefruit or pineapple.
<b>Vegetables</b>	Most, including kale, broccoli, zucchini, potatoes, squash, cucumbers, and peas. A variety of raw and cooked.	Sour or heating veggies like mustard greens, tomatoes, radishes, garlic, and eggplant.
<b>Legumes</b>	Most, soaked and spiced to support digestibility.	
<b>Nuts and seeds</b>	Fewer oily, heating nuts. Coconut, sunflower seeds, and soaked almonds are best.	Peanut, cashews, pistachios, and salted nuts.
<b>Dairy</b>	Grass-fed milk (boiled and cooled), and yogurt (watered down), cottage cheese, and ghee from these.	Sour cream and hard, salted cheeses.
<b>Oils and fats</b>	In light moderation. Ghee, sunflower, and coconut oils are best.	Peanut and mustard oils.
<b>Seasonings</b>	Cooling spices such as dill, fennel, cardamom, cilantro, coriander, and saffron.	Heating spice such as cayenne and horseradish, garlic, cumin, sea salt, and black pepper.
<b>Sweeteners</b>	Honey and other natural sweeteners in small quantities.	White sugar (always avoid).
<b>Drinks</b>	Plenty of water, adding lemon or lime to water, wine in moderation, sweet or astringent fruit juices, and herbal teas.	Beer or hard alcohol.
<b>Meat</b>	Little meat, but white meats and freshwater fish are best.	Red meat, saltwater fish, shellfish, egg yolks.