



MAHARISHI AYURVEDA

HEALTH CENTRE BAD EMS

Since 1992

Pitta-reducing foods

Pitta-reducing spices

Coriander, fennel, saffron, turmeric, fresh ginger in small amounts, cumin also in small amounts, vanilla, pippali (long-grain pepper), poppy seeds, trikatu

Pitta-reducing herbs:

Green cilantro, verbena, lavender, borage, dill, chervil, dandelion

Pitta-reducing teas:

Pitta tea, chamomile, elderberry, mallow, hibiscus, nettle, peppermint, fennel, lavender, licorice, hops, rose petals, cinnamon, lemon balm, yarrow

Pitta-reducing vegetables:

Predominantly sweet and bitter vegetables:
Asparagus, cucumber, zucchini, celery, cabbage, Brussels sprouts, cauliflower, potatoes, seedlings, sprouts, green leafy vegetables and salad, artichokes, fennel, chicory, sweet pepper, pumpkin, green beans, peas, olives, broccoli

Pitta-reducing legumes:

Soy products, all legumes except red lentils

Pitta-reducing fruits:

Sweet fruits, mango, sweet melons, figs, pears, sweet grapes, raisins, pineapples, sweet oranges, apples, pomegranates, dates, apricots, kiwi, sweet pears, quinces, fresh figs

Pitta-reducing cereals:

Rice, wheat, oats, barley, spelt, emmer and einkorn wheat

Pitta-reducing oils and fats:

Olive oil, sunflower oil, coconut oil, soybean oil, walnut oil, ghee

Pitta-reducing sweeteners:

Raw sugar, palm sugar, maple syrup, raw cane sugar, sharkara, sweetener from fruits (e.g. pear syrup)

Pitta-reducing nuts and seeds:

Coconut, peeled almonds, sunflower seeds, pumpkin seeds, water chestnut, walnut

Pitta-reducing dairy products:

Demeter-grade whole milk in glass bottles, sweet lassi, cream, mild yoghurt, cottage cheese, cream cheese, mascarpone, butter (unsalted)