



Food items that reduce Pitta Dosha

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:

(with predominantly sweet and bitter taste)

Asparagus, cucumber, zucchini, celery, cabbage, Brussels sprouts, cauliflower, potatoes, seedlings, sprouts, green leafy vegetables and salad, artichokes, fennel, chicory, bell 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:

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