

## Best Plant Foods for Each Dosha

Category	Vata	Pitta	Kapha
<b>Best Greens:</b>			
	Butter lettuce, beet greens, romaine, swiss chard, baby kale leaves, sweet lettuces	Kale, dandelion greens, collards, all lettuces, cilantro	All greens in large amounts!
<b>Best Other Green Veggies:</b>	Fennel bulb, peas, asparagus, celery, zucchini, red, orange, or yellow peppers	Fennel, peas, asparagus, celery, zucchini, peas	Fennel, broccoli, red, yellow & orange peppers, asparagus
<b>Best Roots:</b>	Beets, carrots, sweet potatoes, zucchini, parsnips, radishes, winter squashes, maca, turmeric root, ginger root	Burdock root, sweet potatoes, parsnips, carrots, jicama, turmeric root	Radishes, beets, turnips, ginger root, turmeric root, burdock root, daikon
<b>Best Sprouts:</b>	Sunflower sprouts, alfalfa sprouts, clover sprouts, radish sprouts	Sunflower sprouts, alfalfa sprouts, clover sprouts, mung sprouts, lentil sprouts, broccoli sprouts	All sprouts!
<b>Best Fermented Foods:</b>	All fermented foods are great!	Small amounts of homemade sauerkraut	Small amounts of spicy ferments are best, kimchi, pickled limes
<b>Best seeds/nuts/fats</b>	Sesame, sunflower, avocado, olives, ghee, chia, flax, almond, pinenuts, macadamias	Sunflower, coconut, avocado, ghee, chia, flax, almond, hazelnuts	Pumpkin seeds, chia, flax, mustard oil
<b>Best Fruits</b>	Sweet & sour fruits: grapes, cherries, peaches, mangos, citrus, pineapples, bananas, tomatoes with seed	Sweet, watery fruits: melons, grapes, peaches, apples, pears, berries	Astringent fruits: grapefruits, pomegranate, apples, pears, tomatoes, berries