

The Ayurvedic Fruits Food Chart

Are you eating fruits that are optimal for your dosha type?
Find your dosha type fruits on the chart below.

FRUITS

VATA		PITTA		KAPHA	
FAVOR	REDUCE/AVOID	FAVOR	REDUCE/AVOID	FAVOR	REDUCE/AVOID
Apple (Cooked)	Apple (Raw)	Apple (Cooked)	Apricot (Dried)	Apple (Cooked)	Apricot (Dried)
Apricot (fresh)	Apricot (Dried)	Apple (Raw)	Apricot (fresh)	Apple (Raw)	Banana
Banana	Cranberry	Banana	Cherry	Apricot (fresh)	Blackberry
Blackberry	Currants (dried)	Blackberry	Grapefruit	Cherry	Blueberry
Blueberry	Dates (dried)	Blueberry	Kiwi	Cranberry	Canteloupe / Melons
Canteloupe / Melons	Green Mango	Canteloupe / Melons	Lemon	Grapefruit	Coconut (Shredded)
Cherry	Guava	Coconut (Shredded)	Mango	Green Mango	Coconut Milk
Coconut (Shredded)	Passion Flower	Coconut Milk	Orange	Lemon	Coconut Water
Coconut Milk	Pears	Coconut Water	Papaya	Lime	Currants (dried)
Coconut Water	Plantains	Cranberry	Passion Flower	Orange	Dates (dried)
Dates (soaked)	Pomegranate	Currants (dried)	Paw Paw	Passion Flower	Dates (soaked)
Figs	Prunes (dried)	Dates (dried)	Peaches	Pears	Figs
Grape	Watermelon	Dates (soaked)	Pineapple	Plantains	Grape
Grapefruit		Figs	Plum	Pomegranate	Guava
Honey Dew		Grape	Tamarind	Prunes (dried)	Honey Dew
Kiwi		Green Mango		Rhubarb	Kiwi
Lemon		Guava		Strawberries	Mango
Lime		Honey Dew		Watermelon	Papaya
Mango		Lime			Paw Paw
Orange		Pears			Peaches
Papaya		Persimmons			Persimmons

Need help getting on track with food choices and staying true to your dosha type for optimal living?

Connect with me, Sujatha Reddy today. I am an Ayurvedic Wellness Coach and Doctor, as well as a Licensed Professional Mental Health Counselor.

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