

EATING FOR BALANCE & BLISS: *The Six Tastes of Ayurveda*

TASTE	ACTIONS	FOODS & SPICES	EFFECTS ON DOSHAS	EFFECTS ON EMOTIONS
Sweet Earth + Water Cold, Heavy, Moist	Builds, Strengthens, Energizes, Calms the mind.	Grains, pasta, rice, bread, starchy vegetables, dairy, meat, chicken, fish, sugar, honey, molasses	Balances: Vata, Pitta Aggravates: Kapha	Promotes love and satisfaction in all Vata - Calms anxiety Pitta - Cools anger/aggravation In excess: Lethargy, attachment
Sour Earth + Fire Hot, Light, Moist	Awakens the mind and senses, cleanses tissues, increases absorption of minerals.	Citrus fruits, berries, tomatoes, pickled foods, sour fruits (cherries, plums, grapes, apples), passion fruits, spinach, chard, yogurt, cheese, sour cream, vinegar, sauerkraut, wine	Balances: Vata Aggravates: Kapha, Pitta	Vata: Sharpens the mind Pitta: Increases irritation, anger, manipulative, critical thinking/behavior Kapha: In excess creates envy or jealousy
Salty Fire + Water Hot, Heavy, Moist	Stimulates digestion, lubricates tissues, calms nerves, relieves anxiety.	Table salt, sea salt, rock salt, soy sauce, salted meats, ocean fish, shellfish,	Balances: Vata Aggravates: Kapha, Pitta	Vata: calms anxiety Pitta: Stimulates the mind Kapha: In excess promotes greed.
Pungent Fire + Air Hot, Light, Dry	Heating, drying, stimulates digestion/ metabolism, opens the mind.	Peppers, chilies, onions, garlic, cayenne, black pepper, cloves, ginger, mustard, cumin, cloves, cardamom, turmeric, anise, cinnamon, oregano, thyme, mint, radish	Balances: Kapha Aggravates: Vata, Pitta	Stimulates all to be more expressive & extroverted Kapha: Enlivens the mind Pitta: Excites anger, irritability, resentment
Bitter Air+ Space Cold, Light, Dry	Cleanses, detoxifies tissues, Increases lightness in the mind, antiseptic, antibiotic.	Green leafy vegetables, green and yellow vegetables, kale, celery, spinach, cabbage, broccoli, sprouts, beets, zucchini, eggplant, turmeric, fenugreek, dandelion root, olives, bitter melon, coffee	Balances: Kapha, Pitta Aggravates: Vata	Vata: In excess promotes grief and depression. Pitta: Cools/Calms anger, irritation Kapha: Clears foggy mind
Astringent Air + Earth Cold, Heavy, Dry	Cools, absorbs water, tightens tissues, promotes healing.	Lentils, beans, grains (rye, buckwheat, quinoa), green apples, cauliflower, broccoli, artichoke, asparagus, turnips, pomegranates, cranberries, pears, dried fruits, turmeric, coffee, tea.	Balances: Kapha, Pitta Aggravates: Vata	Vata: In excess promotes fear and insecurity. Pitta: Calms arrogance/ Over-confidence Kapha: Stops complacency