



# Ananda

The Ayurvedic wisdom and recommendation plan for health



Just Go Pink!  
Ayurveda and Yoga  
for a healthy life

27.06.2019

## Foodlist (Prakriti) recommendation for Jane Doe

### Your Ayurvedic constitution in percentages

50% Vata: Bitter, pungent and astringent increase Vata, sweet, sour and salty decrease Vata  
20% Pitta: Sour, salty and pungent increase Pitta, sweet, bitter and astringent decrease Pitta  
30% Kapha: Sweet, sour and salty increase Kapha, pungent bitter astringent decreases Kapha

### Table headings explained

• **Rating:** The % in this column is based on a week with 3 meals a day, so 21 meals in total. The number represents the percentage needed to aggravate a person. However, bear in mind that this is not an exact science, it's just meant to give you an indication as to the amount needed to disturb you. No food is listed as 100% because it is possible to over eat or consume any food to the point of aggravation. In the same way, almost no food is listed as zero, because in most cases, eating any food once per week isn't going to aggravate your constitution.

And the best thing for everybody in all circumstances is to eat a varied diet.

100%	->	21	times per week (i.e. can be eaten at every meal)
80%	->	16-18	times per week
60%	->	8-10	times per week (i.e. can be eaten once a day)
40%	->	3-4	times per week
20%	->	1-2	times per week
0%	->	0	times per week (should be avoided)

60 -> 100 %	Can be consumed daily. When sick, these foods have priority.
31 -> 59 %	To consume with moderation.
0 -> 30 %	To be avoided as much as possible. Not to be consumed more often than a few times per month.

- **Effect:** Influence of the food on the doshas. Minus (-) means that it decreases the dosha and is thus beneficial. Plus (+) means that it increases the dosha and is thus NOT beneficial. Furthermore, VP- means that it is better for vata than for pitta. PK+ means it is worse for pitta than for kapha. An equal sign (=) means that the food is generally balanced for all constitutions unless taken in excess.
- **Rasa:** In Ayurveda, there are six tastes or Rasas: sweet (sw), sour (so), salty (sa), bitter (bi), pungent (pu), and astringent (as). Ayurveda recommends including each of the tastes in every meal. The belief is that incorporating all six tastes in your meals and adjusting the amounts to your personal constitution will help you maintain good health, and feel satisfied overall.
- **Virya:** The immediate impact on agni (digestive fire), either cooling or warming and sometimes heating.
- **Vipaka:** The end result of digestion (long term effect on the body).

Animal products						
Food name	Rating %	Effect	Rasa	Virya	Vipaka	
Beef	(8)	V-PK+	sw	warming	sw	
Buffalo	(8)	V-KP+	sw	warming	sw	
Chicken (dark meat)	(42)	VPK=	sw	warming	sw	
Chicken (light meat)	(37)	V-PK+	sw	warming	sw	
Clam	(38)	V-PK+	sw,sa	warming	sw	
Crab	(38)	V-PK+	sw	warming	sw	
Duck	(30)	V-PK+	sw	warming	sw	
Eggs	(40)	V-PK+	sw	warming	sw	
Fish (fresh water)	(40)	V-PK+	sw	warming	sw	
Fish (salt water)	(38)	V-PK+	sw,sa	warming	sw	
Goat	(8)	V-PK+	sw	warming	sw	
Lamb	(8)	V-PK+	sw	warming	sw	
Lobster	(38)	V-PK+	sw	warming	sw	
Oyster	(38)	V-KP+	sw,sa	warming	sw	
Pork	(0)	V-PK+	sw	warming	sw	
Rabbit	(33)	V-PK+	sw	warming	sw	
Salmon	(40)	V-KP+	sw	warming	sw	
Sardines	(40)	V-KP+	sw	warming	sw	
Shell fish	(36)	V-PK+	sw,sa	warming	sw	
Shrimps	(42)	V-PK+	sw	warming	sw	
Tuna fish	(38)	V-KP+	sw	warming	sw	



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Turkey (dark meat)	(42)	VPK=	sw	warming	sw	
Turkey (light meat)	(37)	V-PK+	sw	warming	sw	
Veal	(8)	V-PK+	sw	warming	sw	
Venison	(25)	V-PK+	sw	warming	sw	
<b>Beans</b>						
Food name	Rating %	Effect	Rasa	Virya	Vipaka	
Adzuki	(61)	PK-V+	sw,as	cooling	sw	
Black beans	(36)	KP-V+	sw,as	warming	sw	
Black eyed peas	(37)	PK-V+	sw,as	cooling	sw	
Black gram (urad)	(30)	P-VK+	sw,as	cooling	sw	
Chick peas	(26)	P-VK+	sw,as	cooling	sw	
Dal	(34)	P-VK+	sw,as	cooling	sw	
Dal (chana)	(26)	P-VK+	sw,as	cooling	sw	
Dal (mung)	(49)	PK-V+	sw,as	cooling	sw	
Dal (tur)	(49)	VK-P+	sw	warming	sw	
Dal (yellow)	(55)	PK-V+	sw,as	cooling	sw	
Fava beans	(36)	PK-V+	sw,as	cooling	sw	
Kidney	(32)	PK-V+	sw,as	cooling	sw	
Lentils	(34)	KP-V+	sw,as	warming	sw	
Lima	(40)	KP-V+	sw,as	cooling	sw	
Mung	(56)	PK-V+	sw,as	cooling	sw	
Navy	(19)	PK-V+	sw,as	cooling	sw	
Peas	(52)	PK-V+	as,sw	cooling	sw	
Pinto	(32)	PK-V+	sw,as	cooling	sw	
Soy	(31)	PK-V+	sw,as	cooling	sw	
Soy cheese	(26)	P-VK+	sw,as	cooling	sw	
Soy ice cream	(18)	P-VK+	sw,as	cooling	sw	
Split peas	(26)	PK-V+	sw,as	cooling	sw	
Tempeh	(45)	PK-V+	sw,as	cooling	sw	
Tofu	(28)	PK-V+	sw,as	cooling	sw	



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Beverages						
Food name	Rating %	Effect	Rasa	Virya	Vipaka	
Alcohol (above 15%)	(0)	PKV+	pu,sw,bi,so	heating	so	
Alcohol (under 15%)	(22)	V-PK+	pu,sw,bi,so	heating	so	
Apple juice	(40)	PK-V+	sw,as,so	cooling	sw	
Beer	(25)	PV-K+	pu,sw,bi,so	heating	so	
Carbonated mineral water	(24)	KP-V+	sw	cooling	sw	
Carrot juice	(36)	VK-P+	sw,pu	warming	sw	
Coffee	(12)	K-PV+	pu,bi	warming	pu	
Cranberry juice	(48)	PK-V+	as,sw	cooling	sw	
Green vegetable juices	(48)	PK-V+	bi,as	cooling	pu	
Herbal teas (fruit or astringent)	(19)	PK-V+	as,sw	cooling	sw	
Herbal teas (spice)	(50)	VK-P+	pu,bi	warming	pu	
Ice cold drinks	(4)	P-KV+	sw,as	cooling	sw	
Milk	(59)	PV-K+	sw	cooling	sw	
Orange juice	(40)	VP-K+	sw,so	cooling	sw	
Soft drinks	(0)	VKP+	sw,as	cooling	sw	
Sour fruit juices	(48)	V-PK+	sw,so	cooling	sw	
Sweet fruit juices	(38)	PV-K+	sw	cooling	sw	
Tea (black or green)	(41)	PK-V+	bi,sw,as	cooling	pu	
Water (cold)	(45)	P-VK+	sw,as	cooling	sw	
Water (warm)	(58)	VK-P+	sw	warming	sw	
Wheat grass juice	(48)	PK-V+	sw,bi,as	cooling	sw	
Wine (dry white)	(18)	VK-P+	pu,sw,so,bi	heating	so	
Wine (red)	(26)	V-KP+	pu,sw,bi,so	heating	so	
Wine (sweet white)	(18)	V-PK+	sw,pu,so,bi	heating	so	
Dairy						
Food name	Rating %	Effect	Rasa	Virya	Vipaka	
Butter (salted)	(54)	VP-K+	sw,sa	cooling	sw	
Butter (unsalted)	(54)	PV-K+	sw	cooling	sw	
Buttermilk	(63)	VP-K+	so,as	warming	so	
Cheese (blue)	(34)	V-KP+	sw,pu	cooling	sw	
Cheese (feta)	(34)	V-PK+	sw,sa	warming	sw	
Cheese (goat)	(38)	V-KP+	sw,pu	warming	sw	
Cheese (hard)	(41)	VP-K+	sw	cooling	sw	
Cheese (soft)	(47)	VP-K+	sw	cooling	sw	
Cottage cheese	(54)	PV-K+	sw	cooling	sw	
Cream	(54)	VP-K+	sw	cooling	sw	
Cream cheese	(50)	VP-K+	sw	cooling	sw	
Frozen yogurt	(45)	VP-K+	sw,so	cooling	sw	
Ghee	(70)	PV-K+	sw	cooling	sw	
Goats milk	(11)	PV-K+	sw	warming	sw	
Ice cream	(13)	KVP+	sw	cooling	sw	
Kefir	(50)	V-PK+	so	warming	so	
Milk (whole)	(58)	PV-K+	sw	cooling	sw	
Paneer	(54)	VP-K+	sw	cooling	sw	



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Skim milk	(13)		sw		
Sour cream	(43)	V-PK+	sw,so	warming	so
Soy milk	(14)	P-VK+	sw,as	cooling	sw
Yoghurt	(43)	V-PK+	sw,so	warming	sw
Fruits					
Food name	Rating %	Effect	Rasa	Virya	Vipaka
Apples (cooked)	(59)	PK-V+	sw,as,so	cooling	sw
Apples (raw)	(51)	PK-V+	sw,as,so	cooling	sw
Apricots	(40)	VP-K+	sw,so	cooling	sw
Bananas	(31)	VP-K+	sw,as	cooling	so
Blackberry	(29)	VP-K+	sw,so	cooling	sw
Blueberry	(33)	VP-K+	sw,as	cooling	sw
Cherries	(43)	V-PK+	sw,so	warming	sw
Cranberries	(39)	PK-V+	as,sw	cooling	sw
Dates	(50)	PV-K+	sw	cooling	sw
Dried fruits	(24)	KP-V+	sw,as	cooling	sw
Figs (dry)	(27)	P-VK+	sw	cooling	sw
Figs (fresh)	(37)	VP-K+	sw, as	cooling	sw
Grapefruit	(44)	V-P+K=	so	warming	so
Grapes (sour)	(45)	VP-K+	so	warming	sw
Grapes (sweet)	(51)	VP-K+	sw	cooling	sw
Kiwi	(49)	VP-K+	sw,so,as	cooling	sw
Lemons	(44)	V-PK+	so,as	cooling	so
Limes	(44)	V-P=K+	so	cooling	so
Mango	(47)	VP-K+	sw,so	warming	sw
Melons	(27)	P-KV+	sw	cooling	sw
Nectarine	(39)	VP-K+	sw,so	cooling	sw
Oranges	(39)	VP-K+	sw,so	cooling	sw
Papaya	(48)	V-PK+	sw,pu	warming	sw
Peaches	(35)	VP-K+	sw,so	cooling	sw
Pears	(43)	PV-K+	sw	cooling	sw
Persimmons	(43)	VP-K+	sw,as	cooling	sw
Pineapple	(51)	PV-K+	sw,so	cooling	sw
Plums	(39)	VP-K+	sw	cooling	sw
Pomegranates	(55)	PKV=	sw,as,so	cooling	sw
Prunes	(55)	VP-K+	sw	cooling	sw
Raisins	(37)	VP-K=	sw	cooling	sw
Raspberries	(47)	VP-K+	sw,as	cooling	sw
Rosa silvestre/ Rose hips/Sweet briar	(43)	V-KP+	so,as	warming	so
Strawberries	(43)	VP-K+	sw,so	cooling	sw
Tangerines	(45)	V-KP+	sw,so	cooling	sw
Watermelon	(27)	P-KV+	sw	cooling	sw



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Grains						
Food name	Rating %	Effect	Rasa	Virya	Vipaka	
Amaranth	(49)	KV-P+	sw	warming	sw	
Barley	(52)	PK-V+	sw	cooling	sw	
Blue corn	(43)	KP-V+	sw	warming	sw	
Buckwheat	(40)	K-VP+	sw	warming	sw	
Corn meal	(40)	KP-V+	sw,as	cooling	sw	
Couscous	(55)	PV-K+	sw	cooling	sw	
Dough breads	(55)	VP-K+	sw	cooling	sw	
Durum wheat	(55)	PV-K+	sw	cooling	sw	
Grains uncooked or dry	(30)	KP-V+	as,sw	cooling	sw	
Granola	(43)	PK-V+	sw	cooling	sw	
Kamut	(68)	PV-K+	sw,as	cooling	sw	
Millet	(43)	KV-P+	sw	warming	sw	
Muesli	(43)	KP-V+	sw	cooling	sw	
Oats	(42)	VP-K+	sw,as	warming	sw	
Oats (cooked)	(55)	VP-K+	sw	cooling	sw	
Pancakes	(39)	VP-K+	sw	warming	sw	
Pasta (wheat)	(51)	PV-K+	sw	cooling	sw	
Polenta	(40)	KP-V+	sw,as	cooling	sw	
Popcorn	(35)	KP-V+	sw	cooling	sw	
Quinoa	(49)	KV-P+	sw	warming	sw	
Rice (basmati)	(60)	VPK=	sw	cooling	sw	
Rice (brown-long/short)	(48)	V-PK+	sw,as	warming	sw	
Rice (white-long/short)	(13)	P-VK+	sw	cooling	sw	
Rice (wild)	(52)	V-PK+	sw,as	warming	sw	
Rye	(44)	KV-P+	sw,as	warming	sw	
Sago	(39)	KP-V+	sw	cooling	sw	
Seitan	(43)	PV-K+	sw	cooling	sw	
Spelt	(51)	PV-K+	sw	warming	sw	
Tapioca	(39)	KP-V+	sw	cooling	sw	
Wheat	(68)	PV-K+	sw,as	cooling	sw	
Yeasted bread	(39)	V-KP+	sw,so	warming	sw	



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Herbs & spices						
Food name	Rating %	Effect	Rasa	Virya	Vipaka	
Ajwan	(59)	VK-P+	pu	warming	pu	
Allspice	(68)	VK-P+	pu	warming	pu	
Anise	(53)	VK-P+	pu	warming	pu	
Asafoetida (hing)	(71)	VK-P+	pu	warming	pu	
Basil	(65)	VK-P+	pu	warming	pu	
Bay leaf	(53)	KV-P+	pu	warming	pu	
Bitter/Sour orange/ Orange peel	(44)	VK-P+	so,pu,bi	warming	pu	
Black pepper	(53)	VK-P+	pu	warming	pu	
Caraway	(53)	VK-P+	pu	warming	pu	
Cardamon	(82)	VK-P+	pu,sw	warming	pu	
Catnip	(53)	PK-V+	pu	warming	pu	
Cayenne	(57)	KV-P+	pu	heating	pu	
Chamomile	(37)	PK-V+	bi	cooling	pu	
Chives	(35)	K-PV+	pu,sw	warming	sw	
Cilantro	(70)	PKV=	pu	cooling	pu	
Cinnamon	(65)	KV-P+	pu	heating	pu	
Cloves	(68)	KV-P+	pu	heating	pu	
Coriander	(72)	VPK=	pu,sw	cooling	pu	
Cumin	(67)	VPK=	pu	warming	pu	
Dill	(53)	VK-P+	pu	warming	pu	
Fennel	(73)	VPK=	pu,sw	warming	sw	
Fenugreek	(62)	KV-P+	bi	warming	pu	
Garlic	(75)	VK-P+	pu,sw,sa,bi, as	heating	pu	
Ginger	(68)	KV-P+	pu,sw	heating	sw	
Gomasio	(53)	V-KP+	sa,sw	warming	sw	
Horseradish	(53)	KV-P+	pu	heating	pu	
Hyssop	(59)	KV-P+	pu,bi	warming	pu	
Juniper berries	(53)	KV-P+	pu,bi,sw	warming	pu	
Lemongrass	(34)	PK-V+	pu,bi	cooling	pu	
Mace	(68)	VK-P+	pu,sw	warming	pu	
Majoram	(53)	KV-P+	pu	warming	pu	
Mustard	(57)	KV-P+	pu	warming	pu	
Neem (leaves)	(49)	PK-V+	bi	cooling	pu	
Nutmeg	(68)	VK-P+	pu,as	warming	pu	
Oregano	(53)	KV-P+	pu	warming	pu	
Paprika	(68)	KV-P+	pu	warming	pu	
Peppermint	(53)	VPK=	pu	cooling	pu	
Pippali	(65)	VK-P+	pu	warming	sw	
Poppy seeds	(56)	VK-P+	pu,as,sw	warming	sw	
Rosemary	(53)	KV-P+	pu,bi	warming	pu	
Saffron	(59)	VPK=	pu	warming	pu	
Sage	(53)	KV-P+	pu,as	warming	pu	



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Salt (rock)	(47)	V-PK+	sa	warming	sw
Salt (sea)	(35)	V-PK+	sa	warming	sw
Savory	(68)	KV-P+	pu	warming	pu
Spearmint	(53)	VPK=	pu	cooling	pu
Star anise	(53)	VK-P+	pu,sw	warming	pu
Tarragon (Estragon)	(41)	KV-P+	pu	warming	pu
Thyme	(53)	KV-P+	pu	warming	pu
Turmeric	(60)	KVP=	bi,pu,as	warming	pu
Vanilla	(55)	VP-K+	bi,sw	warming	sw

## Miscellaneous

Food name	Rating %	Effect	Rasa	Virya	Vipaka
Baking powder/soda	(4)	P-KV+	as	cooling	pu
Carob	(40)	KP-V=	sw,as	warming	sw
Chips	(0)	VPK+	sw,sa	warming	sw
Chocolate (dark)	(26)	VK-P+	pu,bi	warming	pu
Chocolate candy	(0)	KPV+	sw,pu,bi	warming	pu
Cookies	(4)	P-VK+	sw	cooling	sw
Ketchup	(0)	PKV+	sw,so	warming	so
Mayonaise	(10)	V-PK+	so,sw	warming	so
Mustard (non-organic)	(0)	KV-P+	pu	heating	pu
Mustard (organic)	(26)	KV-P+	pu	heating	pu
Tamari/Soy sauce	(40)	V-KP+	sa,so	warming	so
Vinegars	(36)	V-PK+	so	warming	so
Yeast	(24)	V-KP+	so,bi	warming	so

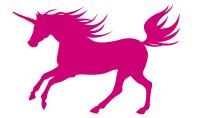
## Nuts & seeds

Food name	Rating %	Effect	Rasa	Virya	Vipaka
Almonds (peeled)	(43)	V-PK+	sw,bi	warming	sw
Brazil nuts	(27)	V-PK+	sw	warming	sw
Cashews	(34)	V-KP+	sw	warming	sw
Charoli Nuts	(50)	VPK-	sw	cooling	sw
Chestnut	(40)	V-KP+	sw	warming	sw
Chia seeds	(47)	KV-P+	pu,sw	warming	sw
Coconut	(38)	PV-K+	sw	cooling	sw
Flax seeds	(46)	V-KP+	sw	warming	sw
Hazelnut	(34)	V-KP+	sw	warming	sw
Lotus seeds	(33)	PV-K+	sw	cooling	sw
Macademia nuts	(27)	V-KP+	sw	warming	sw
Peanuts	(34)	V-PK+	sw,as	warming	sw
Pecans	(43)	V-KP+	sw	warming	sw
Pine nuts	(46)	V-KP+	sw	warming	sw
Pistachio	(38)	V-KP+	sw	warming	sw
Pumpkin seeds	(36)	V-KP+	sw	warming	sw
Safflower seeds	(29)	VK-P+	pu,sw	warming	pu
Sesame seeds	(41)	V-KP+	sw	warming	sw
Sunflower seeds	(42)	V-KP+	sw	warming	sw
Tahini	(34)	V-KP+	sw	warming	sw



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Walnuts	(34)	V-KP+	sw	warming	sw	
White walnut	(54)	PK-V+	bi	cooling		
<b>Oils</b>						
Food name	Rating %	Effect	Rasa	Virya	Vipaka	
Almond	(42)	V-PK+	sw	warming	sw	
Apricot	(46)	V-PK+	sw	warming	sw	
Avocado	(42)	V-KP+	sw,as	warming	sw	
Canola	(13)	PK-V+	sw,as	warming	sw	
Castor	(46)	V-PK+	bi,sw	warming	pu	
Coconut	(40)	PV-K+	sw	warming	sw	
Corn	(34)	P-VK+	sw	warming	sw	
Flaxseed	(47)	KV-P+	pu,sw	warming	pu	
Lard	(0)	V-PK+	sw	warming	sw	
Margarine	(0)	KPV+	sw	warming	sw	
Mustard	(41)	KV-P+	pu	warming	pu	
Olive	(44)	VP-K+	sw	cooling	sw	
Peanut	(37)	V-PK+	sw	warming	sw	
Safflower	(37)	KV-P+	sw,pu	warming	pu	
Sesame	(57)	V-PK+	sw	warming	sw	
Soy	(32)	PK-V+	sw,as	cooling	sw	
Sunflower	(49)	VP-K+	sw	cooling	sw	
<b>Sweeteners</b>						
Food name	Rating %	Effect	Rasa	Virya	Vipaka	
Brown sugar	(15)	KVP+	sw	cooling	sw	
Fruit sugar/Fructose	(41)	PV-K+	sw	cooling	sw	
Honey	(44)	VK-P+	sw,as,pu	warming	sw	
Jaggery	(53)	V-KP+	sw	warming	sw	
Lactose	(17)	PV-K+	sw	cooling	sw	
Maltose	(49)	PV-K+	sw	cooling	sw	
Maple sugar	(34)	PV-K+	sw	cooling	sw	
Maple syrup	(34)	PV-K+	sw	cooling	sw	
Molasses	(42)	V-PK+	sw	warming	sw	
Rice syrup	(17)	PV-K+	sw	cooling	sw	
Stevia	(37)	PK-V+	sw,as	cooling	sw	
Sugar (raw)	(29)	VP-K+	sw	cooling	sw	
Sugar non refined cane	(29)	PV-K+	sw	cooling	sw	
White sugar	(0)	VPK+	sw	cooling	sw	





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Vegetables						
Food name	Rating %	Effect	Rasa	Virya	Vipaka	
Alfalfa sprouts	(51)	PK-V+	sw	cooling	pu	
Aloe Vera	(47)	VPK= (P-)	bi,as,pu,sw	cooling	sw	
Artichoke	(51)	PK-V+	sw,as	cooling	sw	
Asparagus	(51)	PK-V+	sw,bi,as	cooling	sw	
Avocado	(34)	V-PK+	sw	warming	sw	
Bean sprouts	(56)	PK-V+	as,sw	cooling	sw	
Beet greens	(39)	KP-V+	as,bi	cooling	pu	
Beets	(34)	V-KP+	sw	warming	sw	
Bell peppers	(51)	K-VP+	sw,as	warming	pu	
Bitter melon/Karela	(37)	KP-V+	bi,pu	warming	pu	
Broccoli	(51)	PK-V+	as,sw	cooling	pu	
Brussels sprouts	(51)	PK-V+	as,sw	cooling	pu	
Burdock root	(39)	PK-V+	bi,pu,as, sw	cooling	sw	
Cabbage	(51)	PK-V+	as,sw	cooling	pu	
Carrots	(45)	VK-P+	sw,pu	warming	sw	
Cauliflower	(51)	PK-V+	as,sw	cooling	sw	
Celery	(45)	PK-V+	as,sw,sa	cooling	pu	
Chard	(43)	KP-V+	as,bi	cooling	pu	
Chili peppers (sweet & hot)	(51)	KV-P+	pu	heating	pu	
Chinese cabbage	(51)	PK-V+	as,sw	cooling	pu	
Collard greens	(51)	PK-V+	as,bi	cooling	pu	
Corn	(34)	K-PV+	sw	warming	sw	
Cucumber	(34)	P-VK+	sw,as	cooling	sw	
Dandelion	(39)	PK-V+	bi,sw	cooling	pu	
Eggplant	(51)	P-VK+	sw,as	cooling	sw	
Green beans	(51)	PK-V+	sw,as	cooling	sw	
Kale	(51)	PK-V+	as,sw,bi	cooling	pu	
Kelp	(45)	V-KP+	sa,sw	warming	sw	
Kohlrabi	(51)	PK-V+	as,sw	cooling	pu	
Leafy greens	(40)	KP-V+	bi,sw,pu,so	cooling	pu	
Leeks	(51)	VK-P+	pu,sw	warming	sw	
Lettuce	(51)	PK-V+	as	cooling	pu	
Licorice root	(48)	VP-K+	sw,bi	cooling	sw	
Miso	(51)	V-KP+	sa,so,pu	warming	so	
Mushrooms	(40)	PK-V+	sw,as	cooling	pu	
Nettle	(35)	PK-V+	as	cooling	pu	
Okra	(45)	PV-K+	sw	cooling	sw	
Onions (cooked)	(69)	VK-P+	pu,sw	heating	sw	
Onions (raw)	(30)	VK-P+	pu,sw	heating	sw	
Parsley	(59)	KV-P+	pu,as	warming	pu	
Parsnips	(54)	VP-K+	sw,pu	warming	sw	
Pickled/Fermented foods	(34)	V-KP+	so,sa	warming	so	
Potatoes	(51)	KP-V+	as,sw	cooling	sw	
Radish	(61)	K-PV+	pu,as	warming	pu	



# Ananda

The Ayurvedic wisdom and recommendation plan for health



*Just Go Pink!  
Ayurveda and Yoga  
for a healthy life*

27.06.2019

Foodlist (Prakriti) recommendation for  
Jane Doe

Raw vegetables	(22)	PK-V+	bi,as,pu	cooling	pu	
Rhubarb	(30)	PK-V+	bi,as	cooling	pu	
Rutabaga	(51)	PK-V+	as,bi	cooling	pu	
Seaweeds	(50)	PK-V+	sa,as	cooling	sw	
Shallots (cooked)	(61)	VK-P+	pu,sw	warming	sw	
Shallots (raw)	(28)	VK-P+	pu,sw	warming	sw	
Shiitake	(44)	PK-V+	sw,as	cooling	pu	
Spaghetti squash	(46)	VP-K+	sw	cooling	sw	
Spinach	(39)	KP-V+	as,bi	cooling	pu	
Sprout	(51)	PK-V+	sw	cooling	pu	
Squash	(46)	VP-K+	sw	cooling	sw	
Sunflower sprouts	(56)	PK-V+	sw	cooling	sw	
Sweet potatoes	(45)	VP-K+	sw	cooling	sw	
Tamarind	(52)	VK-P+	so,sw	warming	so	
Tomatoes	(38)	V-PK+	sw,so	warming	so	
Topinambur	(46)	VP-K+	sw	cooling	sw	
Turnips	(53)	PK-V+	as,bi	cooling	pu	
Water chestnuts	(33)	P-VK+	sw,as	cooling	sw	
Watercress	(53)	KV-P+	pu	warming	pu	
Wheat grass	(29)	PV-K+	sw	cooling	sw	
Wild yam	(43)	VP-K+	sw	cooling	sw	
Zucchini	(34)	P-KV+	sw	cooling	sw	