

Freedom in Your Relationship with Food

Sattvic root vegetables such as carrots, beets, parsnips, turnips, or sweet potatoes are also grounding foods. Eating sattvic foods appropriate for your constitution will increase your sense of balance and well-being.

The following is a list of sattvic foods. Consider what is best for balancing your individual constitution, the strength of your agni, and any imbalance you are currently experiencing. In other words, not all of the foods on this list are best for you right now, but draw from this list to establish an excellent foundation.

Simple Tools for Your New Path

Sattvic foods include:

Adzuki beans	Dates (fresh)	Pineapple (sweet)
Almonds	Endive	Pine nuts
Amaranth	Escarole	Pinto beans
Apples	Fava beans	Plums (sweet or sour)
Apricots	Figs (fresh or dried)	Pomegranates
Artichokes	Filberts	Prunes
Arugula (small amounts)	Flowers (edible and sweet)	Pumpkins
Asparagus	Fruit juices (fresh)	Quinoa
Bananas	Ghee	Raisins
Barley	Grapefruits	Raspberries
Basmati rice	Grapes	Rice
Bean sprouts (all kinds)	Green Beans	Rutabaga
Beets	Honeydew melon	Sesame seeds (hulled or unhulled)
Black beans	Jerusalem artichokes	Soybeans
Blackberries	Kale	Soymilk (fresh)
Black-eyed peas	Kohlrabi	Spinach
Broccoli	Lentils (black or tan)	Strawberries
Brussels sprouts	Lettuce	Sugar cane (raw)

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Buckwheat	Lima beans (small amounts)	Summer squash
Buttermilk (fresh)	Loganberries	Sunflower seeds
Cabbage (red or green)	Macadamia nuts	Sweet potatoes
Cantaloupe	Mangoes	Tangerines (sweet)
Carob	Maple syrup	Teff
Carrots	Milk (fresh, raw, and pure)	Turnips
Cashew nuts	Millet	Walnuts (English or black)
Cauliflower	Mother's milk	Watercress
Celery	Mung beans (whole)	Watermelon
Chard	Mung dhal (split)	Wheat
Cherries (sweet or sour)	Mustard greens	Wild rice
Chestnuts	Oats (steel cut or berries)	Winter squash
Chinese cabbage	Oranges (sweet)	Yacon
Coconut	Papayas	Yams
Cornmeal	Parsnips	Yogurt (freshly made)
Cranberries	Peaches	Zucchini
Cucumbers	Pecans	

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Rajas foods include aged cheeses, avocado, cottage cheese, dried dates, egg, eggplant, all fermented food, bottled fruit juices, garbanzo beans, garlic, guava, ice cream, kidney beans, lime, lemon, red lentils, molasses, olives, onions (all kinds), peanuts, peanut oil, pepper, pickles, potatoes, pumpkin seeds, radishes, salt (all kinds), sour cream, commercial soy milk, sugar (all kinds), tomatoes, vinegar, yogurt (not freshly made).

Tamas foods include alcohol, animal meat (beef, chicken, fish, fowl, goat, lamb, pork, rabbit, shellfish, turkey, venison), fried foods, frozen foods, leeks, leftovers, margarine, microwaved food, food with preservatives, and mushrooms (all kinds).