

# Properties of some common foods

## HEAVY

- Dairy – milk, yogurt, ghee, cheese
- Meat
- New grains aged less than a year
- Most lentils
- Fruit like banana, avocado, mango, melons, coconut
- Root vegetables
- Salads (raw vegetables)
- Oils
- Nuts

## LIGHT

- Buttermilk
- Roasted rice, barley, millets
- Green moong
- Cooked vegetables, esp green leafy veggies
- Quinoa
- Fruit like apples, pears, berries, pomegranate, persimmon
- Fruit juices
- Spices like turmeric, dry ginger etc.

# Properties of some common foods

## HOT

- Fermented foods like yogurt, idli, dosa, bread, cheese, pickles, soy
- Spicy foods – all chili peppers
- Sour foods like tamarind, tomato, vinegar, all sour and citrus fruit
- Some grains like millets, buckwheat, brown rice
- Root vegetables like radish, garlic, turnips, onion
- Jaggery
- Kidney beans, black gram (urad), yellow beans (tur)
- Most nuts other than almonds
- Red meat

## COLD

- Buttermilk
- Basmati rice, white rice, wheat, oats
- Ghee
- Vegetables like squashes, beans, green leafy vegetables, bell peppers
- Fruit like melons, persimmons, pear, grapes, sweet mango
- Milk
- Maple syrup
- Green and yellow mung, red lentils (masur)
- Coconut
- Almond
- White meat

# Examples of diet planning

- Optimize for your agni
  - Digestive issues – always pick food with light qualities
  - Lighten heavy foods – add spices, use grain flour, liquid form
- Optimize for health condition
  - Acidity – pick cooling foods
  - Tend to put on weight – hot and light foods