



# Balance Your Doshas

## To balance Vata:

### *Minimize:*

Pungent, Bitter, and Astringent Tastes



Pungent



Bitter



Astringent

### *Increase:*

Sweet, Sour, and Salty Tastes



Sweet



Sour



Salty

## To balance Pitta:

### *Minimize:*

Sour, Salty, and Pungent Tastes



Sour



Salty



Pungent



Sweet



Bitter



Astringent

### *Increase:*

Sweet, Bitter, and Astringent Tastes

## To balance Kapha:

### *Minimize:*

Sweet, Sour, and Salty Tastes



Sweet



Sour



Salty



Pungent



Bitter



Astringent

### *Increase:*

Pungent, Bitter, and Astringent Tastes



# How the Six Tastes Influence Our Emotions

<b>Taste</b>	<b>Effect of Overindulgence</b>
Sweet (Madhura)	Overattachment, possessiveness
Sour (Amla)	Envy, jealousy, anger
Salty (Lavana)	Greed, overweening ambition
Bitter (Tikta)	Resentment, sorrow
Pungent (Katu)	Hostility, violence, hatred
Astringent (Kashya)	Insecurity, fear, cynicism



# Phytonutrients

<b>Phytonutrient</b>	<b>Benefits</b>	<b>Food Sources</b>
<b>Flavonoids</b>	Antioxidant, anticarcinogenic, protect against heart disease	Onions, broccoli, red grapes, apples, cherries, citrus fruits, berries, tomatoes, tea, coffee
<b>Phenolic acids</b>	Antioxidant, anticarcinogenic	Nuts, berries, green tea, prunes, plums
<b>Sulfides</b>	Antioxidant, anticarcinogenic, inhibit blood clotting	Garlic, onions, chives
<b>Lycopenes</b>	Antioxidant, anticarcinogenic	Tomatoes, red grapefruit
<b>Isothiocyanates</b>	Anticarcinogenic	Broccoli, cabbage, cauliflower
<b>Isoflavones</b>	Block hormonally stimulated cancers, lower cholesterol levels	Soy beans, soy-derived foods, garbanzo beans, pinto beans, navy beans
<b>Anthocyanins</b>	Antioxidant, lower cholesterol, stimulate immunity, anti-inflammatory	Berries, cherries, grapes, currants, red cabbage, red onions, kidney beans
<b>Beta-carotene</b>	Antioxidant, boosts immunity, anticarcinogenic, maintains good vision	Carrots, sweet potatoes, butternut squash, cantaloupe, peaches, mangoes, apricots, pumpkin
<b>Terpenoids</b>	Antioxidant, antibacterial, prevent stomach ulcers	Peppers, cinnamon, horseradish, rosemary, thyme, turmeric
<b>Indoles</b>	Anticarcinogenic	Broccoli, cabbage, Brussels sprouts, bok choy, kale, cauliflower

<b>Lignans</b>	Anticarcinogenic, lower cholesterol and blood pressure	Flaxseed, sesame seeds, wheat bran, olives
<b>Phytosterols</b>	Lower cholesterol, anticarcinogenic	Avocado, nuts, seeds, legumes
<b>Coumestans</b>	Anticarcinogenic	Clover, alfalfa, and soybean sprouts; split peas, pinto beans, lima beans
<b>Phthalides</b>	Lower blood pressure, lower cholesterol, anticarcinogenic	Celery, carrots, parsley, parsnips, fennel



# Eat the Rainbow

<b>Food Color</b>	<b>Food Sources</b>
<b>Red</b>	Good source of lycopene and capsanthin. Food sources include red tomatoes, red peppers, red/pink grapefruit, watermelon, red grapes, beets, red cabbage, red chard, red apples, strawberries, cherries, raspberries, and cranberries.
<b>Orange/Yellow</b>	Good source of beta-carotene, beta-cryptoxanthin, and flavonoids. Food sources include squash, orange and yellow bell peppers, carrots, corn, sweet potatoes, yams, pumpkin, bananas, cantaloupe, mangoes, oranges, tangerines, papaya, nectarines, apricots, peaches, pineapple, and lemons.
<b>Green</b>	Good source of lutein, chlorophyll, and indoles. Food sources include kiwis, apples, limes, green grapes, spinach, lettuce, chard, arugula, kale, Swiss collards, green cabbage, broccoli, artichokes, asparagus, celery, avocado, zucchini, Brussels sprouts, and green peas.
<b>Deep Blue/Purple</b>	Good source of anthocyanins and phenolic acids. Food sources include plums, blueberries, blue corn, blue potatoes, blue basil, purple cabbage, black raspberries, blackberries, purple grapes, and eggplant (with skin).
<b>White</b>	Good source of allicin and flavonols. Food sources include pears, coconuts, onions, garlic, cauliflower, parsnips, and rutabagas.