

The Six Tastes

To help you when you are creating menus and shopping for ingredients, here is a listing of foods in each of the six tastes described by Ayurveda. Keep in mind that most foods have more than just one taste.

Sweet

Fruits:

Apples (ripe)
Apricots
Bananas (ripe)
Berries
Cherries
Coconut
Dates
Figs
Guava
Grapes
Kiwis
Mangoes (ripe)
Melons
Olives
Oranges
Papayas
Peaches
Pears
Persimmons
Pineapple
Plums
Pomegranates
Prunes (soaked)
Raisins (soaked)
Tangerines

Vegetables:

Artichokes
Asparagus
Avocado*
Beets
Bell Peppers
Carrots (cooked)
Celery*
Corn
Cucumbers
Green Beans
Garlic
Mushrooms
Onions (cooked)
Olives
Okra
Potatoes*
Pumpkin
Sprouts*
Squash
Sweet Potatoes
Tomatoes

Dairy:

Butter
Ghee
Ice Cream
Milk
Yogurt

Herb/Spices:

Bay Leaves
Basil
Cloves
Cilantro
Coriander
Cinnamon
Cardamom
Dill
Fennel
Mint
Nutmeg
Rosemary
Vanilla

Legumes:

Black Beans
Fava Beans
Lentils*
Lima Beans
Mung Beans
Navy Beans
Peanuts
Soy/Tofu
Split Peas

Nuts/Seeds:

All nuts and seeds

Grains:

Barley
Buckwheat*
Millet
Oats
Rice
Wheat

Other:

All Oils
Breads
Chocolate
Eggs
Fish
Grains
Honey
Meats
Pasta
Sugar

*Secondary Tastes

Sour

Alcohol
 Apricots*
 Berries
 Caraway
 Cheese
 Cherries*
 Cranberries
 Grapefruit
 Green Apples
 Grapes
 Garlic
 Kefir Cheese
 Kiwis
 Lemons
 Limes
 Mangoes (green)
 Oranges
 Oregano
 Papayas*
 Peaches
 Pickles
 Pineapple
 Plums
 Persimmons
 Pomegranates
 Raisins
 Sour Cream
 Soy Sauce
 Soy Products
 Tamarind
 Tomatoes
 Tangerines
 Vinegar
 Yogurt*

Salty

Bragg Liquid Aminos
 Celery*
 Garlic
 Meats
 Ocean Fish
 Sea Veggies
 Salt
 Soy Sauce
 Tamari

Pungent

Alcohol
 Asafetida
 Basil
 Bay Leaves
 Cocoa
 Caraway
 Chamomile
 Cloves
 Coffee
 Cinnamon
 Cardamom
 Cumin
 Eggplant
 Fennel
 Fenugreek
 Garbanzo
 Garlic
 Ginger
 Hot Peppers
 Marjoram
 Mustard Greens
 Mustard Oil
 Nutmeg*
 Onions (raw)
 Oregano
 Parsley
 Pepper
 Paprika
 Pumpkin Seeds
 Radish
 Rosemary
 Spinach
 Thyme
 Turmeric
 Turnips

Bitter

Aloe Vera
 Almonds*
 Asparagus
 Bitter Melon
 Broccoli
 Bok Choy
 Chamomile
 Chicory
 Citrus Peel
 Cumin
 Coffee
 Cloves
 Collard Greens
 Chard
 Dark Chocolate
 Endive
 Eggplant*
 Garlic
 Hops
 Kale
 Limes*
 Lettuce
 Mustard Greens
 Neem
 Rosemary
 Spinach
 Sesame Seeds
 Tea
 Turmeric
 Turnips
 Yellow Squash

*Secondary Tastes

Astringent

Apples*
 Artichokes*
 Asparagus
 Avocado
 Bananas* (unripe)
 Barley*
 Bell Peppers
 Berries
 Black Beans
 Broccoli
 Brussels Sprouts
 Buckwheat
 Bay Leaf
 Basil
 Cabbage Family
 Carrots* (raw)
 Cauliflower
 Celery
 Cilantro
 Corn
 Cranberries
 Cherries
 Cucumbers*
 Coriander
 Dark Greens
 Dill
 Eggplant*
 Figs*
 Fresh Fish
 Green Beans
 Garlic
 Kidney Beans
 Kiwis
 Lemons*

Lettuce
 Lima Beans
 Mung Beans
 Mushrooms
 Mangoes (green)
 Nutmeg*
 Oregano*
 Okra
 Parsley
 Popcorn
 Peaches*
 Pears*
 Peas
 Plums*
 Pomegranates
 Persimmons
 Potatoes
 Purple Grapes
 Red Wine
 Radishes*
 Rice*
 Sea Veggies*
 Soy
 Spinach*
 Split Peas
 Sprouts
 Squash
 Turnips
 Non-Herbal Tea
 Turmeric
 Tofu/Tempeh
 Vanilla
 Wheat
 Zucchini

Nuts/Seeds:

Macadamia Nuts
 Hazelnuts
 Pecans
 Pine Nuts
 Brazil Nuts
 Sesame Seeds
 Sunflower Seeds
 Safflower Seeds

Legumes:

All Legumes

*Secondary Tastes