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# Just Go Pink!

with the Ayurvedic wisdom and recommendation plan for health



## List of food recommendations for

### Your Ayurvedic constitution in percentages

NAN% Vata: Bitter, pungent and astringent increase Vata, sweet, sour and salty decrease Vata

NAN% Pitta: Sour, salty and pungent increase Pitta, sweet, bitter and astringent decrease Pitta

NAN% Kapha: Sweet, sour and salty increase Kapha, pungent bitter astringent decrease 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.

20 -> 59 % To consume with moderation.

0 -> 19 % 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).