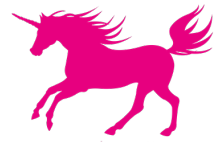




21.07.2020

Just Go Pink!

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List of food recommendations for Marie

Your Ayurvedic constitution in percentages

41% Vata: Bitter, pungent and astringent increase Vata, sweet, sour and salty decrease Vata
 34.2% Pitta: Sour, salty and pungent increase Pitta, sweet, bitter and astringent decrease Pitta
 24.8% Kapha: Sweet, sour and salty increase Kapha, pungent bitter astringent decreases 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.

31 -> 59 % To consume with moderation.

0 -> 30 % 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).

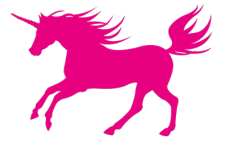
| Animal products | | | | | |
|----------------------|----------|--------|-------|---------|--------|
| Food name | Rating % | Effect | Rasa | Virya | Vipaka |
| Beef | (7) | V-PK+ | sw | warming | sw |
| Buffalo | (7) | V-KP+ | sw | warming | sw |
| Chicken (dark meat) | (41) | VPK= | sw | warming | sw |
| Chicken (light meat) | (33) | V-PK+ | sw | warming | sw |
| Clam | (33) | V-PK+ | sw,sa | warming | sw |
| Crab | (33) | V-PK+ | sw | warming | sw |
| Duck | (27) | V-PK+ | sw | warming | sw |
| Eggs | (37) | V-PK+ | sw | warming | sw |
| Fish (fresh water) | (37) | V-PK+ | sw | warming | sw |
| Fish (salt water) | (33) | V-PK+ | sw,sa | warming | sw |
| Goat | (7) | V-PK+ | sw | warming | sw |
| Lamb | (7) | V-PK+ | sw | warming | sw |
| Lobster | (33) | V-PK+ | sw | warming | sw |
| Oyster | (33) | V-KP+ | sw,sa | warming | sw |
| Pork | (0) | V-PK+ | sw | warming | sw |
| Rabbit | (32) | V-PK+ | sw | warming | sw |
| Salmon | (37) | V-KP+ | sw | warming | sw |
| Sardines | (37) | V-KP+ | sw | warming | sw |
| Shell fish | (29) | V-PK+ | sw,sa | warming | sw |
| Shrimps | (39) | V-PK+ | sw | warming | sw |
| Tuna fish | (33) | V-KP+ | sw | warming | sw |



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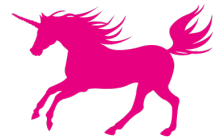
| Turkey (dark meat) | (41) | VPK= | sw | warming | sw | |
|---------------------|----------|--------|-------|---------|--------|--|
| Turkey (light meat) | (33) | V-PK+ | sw | warming | sw | |
| Veal | (7) | V-PK+ | sw | warming | sw | |
| Venison | (26) | V-PK+ | sw | warming | sw | |
| Beans | | | | | | |
| Food name | Rating % | Effect | Rasa | Virya | Vipaka | |
| Adzuki | (64) | PK-V+ | sw,as | cooling | sw | |
| Black beans | (36) | KP-V+ | sw,as | warming | sw | |
| Black eyed peas | (39) | PK-V+ | sw,as | cooling | sw | |
| Black gram (urad) | (32) | P-VK+ | sw,as | cooling | sw | |
| Chick peas | (30) | P-VK+ | sw,as | cooling | sw | |
| Dal | (34) | P-VK+ | sw,as | cooling | sw | |
| Dal (chana) | (30) | P-VK+ | sw,as | cooling | sw | |
| Dal (mung) | (49) | PK-V+ | sw,as | cooling | sw | |
| Dal (tur) | (43) | VK-P+ | sw | warming | sw | |
| Dal (yellow) | (54) | PK-V+ | sw,as | cooling | sw | |
| Fava beans | (36) | PK-V+ | sw,as | cooling | sw | |
| Kidney | (35) | PK-V+ | sw,as | cooling | sw | |
| Lentils | (34) | KP-V+ | sw,as | warming | sw | |
| Lima | (45) | KP-V+ | sw,as | cooling | sw | |
| Mung | (60) | PK-V+ | sw,as | cooling | sw | |
| Navy | (23) | PK-V+ | sw,as | cooling | sw | |
| Peas | (55) | PK-V+ | as,sw | cooling | sw | |
| Pinto | (35) | PK-V+ | sw,as | cooling | sw | |
| Soy | (34) | PK-V+ | sw,as | cooling | sw | |
| Soy cheese | (30) | P-VK+ | sw,as | cooling | sw | |
| Soy ice cream | (20) | P-VK+ | sw,as | cooling | sw | |
| Split peas | (30) | PK-V+ | sw,as | cooling | sw | |
| Tempeh | (44) | PK-V+ | sw,as | cooling | sw | |
| Tofu | (30) | PK-V+ | sw,as | cooling | sw | |



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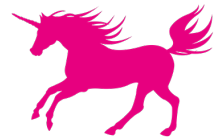
| Beverages | | | | | | |
|-----------------------------------|----------|--------|-------------|---------|--------|--|
| Food name | Rating % | Effect | Rasa | Virya | Vipaka | |
| Alcohol (above 15%) | (0) | PKV+ | pu,sw,bi,so | heating | so | |
| Alcohol (under 15%) | (21) | V-PK+ | pu,sw,bi,so | heating | so | |
| Apple juice | (41) | PK-V+ | sw,as,so | cooling | sw | |
| Beer | (27) | PV-K+ | pu,sw,bi,so | heating | so | |
| Carbonated mineral water | (26) | KP-V+ | sw | cooling | sw | |
| Carrot juice | (37) | VK-P+ | sw,pu | warming | sw | |
| Coffee | (13) | K-PV+ | pu,bi | warming | pu | |
| Cranberry juice | (48) | PK-V+ | as,sw | cooling | sw | |
| Green vegetable juices | (48) | PK-V+ | bi,as | cooling | pu | |
| Herbal teas (fruit or astringent) | (25) | PK-V+ | as,sw | cooling | sw | |
| Herbal teas (spice) | (44) | VK-P+ | pu,bi | warming | pu | |
| Ice cold drinks | (6) | P-KV+ | sw,as | cooling | sw | |
| Milk | (62) | PV-K+ | sw | cooling | sw | |
| Orange juice | (41) | VP-K+ | sw,so | cooling | sw | |
| Soft drinks | (0) | VKP+ | sw,as | cooling | sw | |
| Sour fruit juices | (43) | V-PK+ | sw,so | cooling | sw | |
| Sweet fruit juices | (41) | PV-K+ | sw | cooling | sw | |
| Tea (black or green) | (44) | PK-V+ | bi,sw,as | cooling | pu | |
| Water (cold) | (53) | P-VK+ | sw,as | cooling | sw | |
| Water (warm) | (63) | VK-P+ | sw | warming | sw | |
| Wheat grass juice | (48) | PK-V+ | sw,bi,as | cooling | sw | |
| Wine (dry white) | (15) | VK-P+ | pu,sw,so,bi | heating | so | |
| Wine (red) | (24) | V-KP+ | pu,sw,bi,so | heating | so | |
| Wine (sweet white) | (15) | V-PK+ | sw,pu,so,bi | heating | so | |
| Dairy | | | | | | |
| Food name | Rating % | Effect | Rasa | Virya | Vipaka | |
| Butter (salted) | (57) | VP-K+ | sw,sa | cooling | sw | |
| Butter (unsalted) | (57) | PV-K+ | sw | cooling | sw | |
| Buttermilk | (55) | VP-K+ | so,as | warming | so | |
| Cheese (blue) | (34) | V-KP+ | sw,pu | cooling | sw | |
| Cheese (feta) | (31) | V-PK+ | sw,sa | warming | sw | |
| Cheese (goat) | (37) | V-KP+ | sw,pu | warming | sw | |
| Cheese (hard) | (47) | VP-K+ | sw | cooling | sw | |
| Cheese (soft) | (48) | VP-K+ | sw | cooling | sw | |
| Cottage cheese | (57) | PV-K+ | sw | cooling | sw | |
| Cream | (60) | VP-K+ | sw | cooling | sw | |
| Cream cheese | (54) | VP-K+ | sw | cooling | sw | |
| Frozen yogurt | (37) | VP-K+ | sw,so | cooling | sw | |
| Ghee | (74) | PV-K+ | sw | cooling | sw | |
| Goats milk | (9) | PV-K+ | sw | warming | sw | |
| Ice cream | (14) | KVP+ | sw | cooling | sw | |
| Kefir | (48) | V-PK+ | so | warming | so | |
| Milk (whole) | (63) | PV-K+ | sw | cooling | sw | |
| Paneer | (57) | VP-K+ | sw | cooling | sw | |



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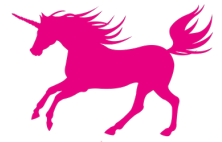
| Sour cream | (39) | V-PK+ | sw,so | warming | so |
|--|----------|--------|----------|---------|--------|
| Soy milk | (12) | P-VK+ | sw,as | cooling | sw |
| Yogurt | (39) | V-PK+ | sw,so | warming | sw |
| Fruits | | | | | |
| Food name | Rating % | Effect | Rasa | Virya | Vipaka |
| Apples (cooked) | (64) | PK-V+ | sw,as,so | cooling | sw |
| Apples (raw) | (58) | PK-V+ | sw,as,so | cooling | sw |
| Apricots | (39) | VP-K+ | sw,so | cooling | sw |
| Bananas | (32) | VP-K+ | sw,as | cooling | so |
| Blackberry | (32) | VP-K+ | sw,so | cooling | sw |
| Blueberry | (35) | VP-K+ | sw,as | cooling | sw |
| Cherries | (42) | V-PK+ | sw,so | warming | sw |
| Cranberries | (45) | PK-V+ | as,sw | cooling | sw |
| Dates | (57) | PV-K+ | sw | cooling | sw |
| Dried fruits | (26) | KP-V+ | sw,as | cooling | sw |
| Figs (dry) | (32) | P-VK+ | sw | cooling | sw |
| Figs (fresh) | (39) | VP-K+ | sw, as | cooling | sw |
| Grapefruit | (39) | V-P+K= | so | warming | so |
| Grapes (sour) | (45) | VP-K+ | so | warming | sw |
| Grapes (sweet) | (54) | VP-K+ | sw | cooling | sw |
| Kiwi | (49) | VP-K+ | sw,so,as | cooling | sw |
| Lemons | (39) | V-PK+ | so,as | cooling | so |
| Limes | (39) | V-P=K+ | so | cooling | so |
| Mango | (48) | VP-K+ | sw,so | warming | sw |
| Melons | (35) | P-KV+ | sw | cooling | sw |
| Nectarine | (42) | VP-K+ | sw,so | cooling | sw |
| Oranges | (42) | VP-K+ | sw,so | cooling | sw |
| Papaya | (45) | V-PK+ | sw,pu | warming | sw |
| Peaches | (35) | VP-K+ | sw,so | cooling | sw |
| Pears | (48) | PV-K+ | sw | cooling | sw |
| Persimmons | (48) | VP-K+ | sw,as | cooling | sw |
| Pineapple | (54) | PV-K+ | sw,so | cooling | sw |
| Plums | (42) | VP-K+ | sw | cooling | sw |
| Pomegranates | (61) | PKV= | sw,as,so | cooling | sw |
| Prunes | (58) | VP-K+ | sw | cooling | sw |
| Raisins | (39) | VP-K= | sw | cooling | sw |
| Raspberries | (48) | VP-K+ | sw,as | cooling | sw |
| Rosa silvestre/ Rose hips/Sweet briar | (42) | V-KP+ | so,as | warming | so |
| Strawberries | (42) | VP-K+ | sw,so | cooling | sw |
| Tangerines | (45) | V-KP+ | sw,so | cooling | sw |
| Watermelon | (35) | P-KV+ | sw | cooling | sw |



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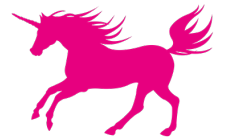
| Grains | | | | | | |
|-------------------------|----------|--------|-------|---------|--------|--|
| Food name | Rating % | Effect | Rasa | Virya | Vipaka | |
| Amaranth | (46) | KV-P+ | sw | warming | sw | |
| Barley | (55) | PK-V+ | sw | cooling | sw | |
| Blue corn | (45) | KP-V+ | sw | warming | sw | |
| Buckwheat | (39) | K-VP+ | sw | warming | sw | |
| Corn meal | (39) | KP-V+ | sw,as | cooling | sw | |
| Couscous | (58) | PV-K+ | sw | cooling | sw | |
| Dough breads | (58) | VP-K+ | sw | cooling | sw | |
| Durum wheat | (58) | PV-K+ | sw | cooling | sw | |
| Grains uncooked or dry | (34) | KP-V+ | as,sw | cooling | sw | |
| Granola | (48) | PK-V+ | sw | cooling | sw | |
| Kamut | (72) | PV-K+ | sw,as | cooling | sw | |
| Millet | (45) | KV-P+ | sw | warming | sw | |
| Muesli | (48) | KP-V+ | sw | cooling | sw | |
| Oats | (47) | VP-K+ | sw,as | warming | sw | |
| Oats (cooked) | (58) | VP-K+ | sw | cooling | sw | |
| Pancakes | (38) | VP-K+ | sw | warming | sw | |
| Pasta (wheat) | (50) | PV-K+ | sw | cooling | sw | |
| Polenta | (39) | KP-V+ | sw,as | cooling | sw | |
| Popcorn | (36) | KP-V+ | sw | cooling | sw | |
| Quinoa | (46) | KV-P+ | sw | warming | sw | |
| Rice (basmati) | (62) | VPK= | sw | cooling | sw | |
| Rice (brown-long/short) | (46) | V-PK+ | sw,as | warming | sw | |
| Rice (white-long/short) | (14) | P-VK+ | sw | cooling | sw | |
| Rice (wild) | (52) | V-PK+ | sw,as | warming | sw | |
| Rye | (43) | KV-P+ | sw,as | warming | sw | |
| Sago | (42) | KP-V+ | sw | cooling | sw | |
| Seitan | (45) | PV-K+ | sw | cooling | sw | |
| Spelt | (50) | PV-K+ | sw | warming | sw | |
| Tapioca | (42) | KP-V+ | sw | cooling | sw | |
| Wheat | (72) | PV-K+ | sw,as | cooling | sw | |
| Yeasted bread | (38) | V-KP+ | sw,so | warming | sw | |



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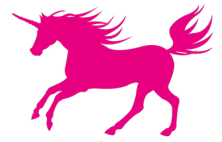
| Herbs & spices | | | | | | |
|------------------------------------|----------|--------|--------------------|---------|--------|--|
| Food name | Rating % | Effect | Rasa | Virya | Vipaka | |
| Ajwan | (51) | VK-P+ | pu | warming | pu | |
| Allspice | (58) | VK-P+ | pu | warming | pu | |
| Anise | (49) | VK-P+ | pu | warming | pu | |
| Asafoetida (hing) | (61) | VK-P+ | pu | warming | pu | |
| Basil | (58) | VK-P+ | pu | warming | pu | |
| Bay leaf | (49) | KV-P+ | pu | warming | pu | |
| Bitter/Sour orange/ Orange peel | (39) | VK-P+ | so,pu,bi | warming | pu | |
| Black pepper | (43) | VK-P+ | pu | warming | pu | |
| Caraway | (49) | VK-P+ | pu | warming | pu | |
| Cardamon | (74) | VK-P+ | pu,sw | warming | pu | |
| Catnip | (49) | PK-V+ | pu | warming | pu | |
| Cayenne | (47) | KV-P+ | pu | heating | pu | |
| Chamomile | (39) | PK-V+ | bi | cooling | pu | |
| Chives | (31) | K-PV+ | pu,sw | warming | sw | |
| Cilantro | (66) | PKV= | pu | cooling | pu | |
| Cinnamon | (58) | KV-P+ | pu | heating | pu | |
| Cloves | (58) | KV-P+ | pu | heating | pu | |
| Coriander | (70) | VPK= | pu,sw | cooling | pu | |
| Cumin | (62) | VPK= | pu | warming | pu | |
| Dill | (49) | VK-P+ | pu | warming | pu | |
| Fennel | (68) | VPK= | pu,sw | warming | sw | |
| Fenugreek | (53) | KV-P+ | bi | warming | pu | |
| Garlic | (62) | VK-P+ | pu,sw,sa,bi, as | heating | pu | |
| Ginger | (58) | KV-P+ | pu,sw | heating | sw | |
| Gomasio | (49) | V-KP+ | sa,sw | warming | sw | |
| Horseradish | (43) | KV-P+ | pu | heating | pu | |
| Hyssop | (51) | KV-P+ | pu,bi | warming | pu | |
| Juniper berries | (46) | KV-P+ | pu,bi,sw | warming | pu | |
| Lemongrass | (35) | PK-V+ | pu,bi | cooling | pu | |
| Mace | (60) | VK-P+ | pu,sw | warming | pu | |
| Majoram | (49) | KV-P+ | pu | warming | pu | |
| Mustard | (47) | KV-P+ | pu | warming | pu | |
| Neem (leaves) | (47) | PK-V+ | bi | cooling | pu | |
| Nutmeg | (60) | VK-P+ | pu,as | warming | pu | |
| Oregano | (49) | KV-P+ | pu | warming | pu | |
| Paprika | (58) | KV-P+ | pu | warming | pu | |
| Peppermint | (49) | VPK= | pu | cooling | pu | |
| Pippali | (58) | VK-P+ | pu | warming | sw | |
| Poppy seeds | (49) | VK-P+ | pu,as,sw | warming | sw | |
| Rosemary | (49) | KV-P+ | pu,bi | warming | pu | |
| Saffron | (54) | VPK= | pu | warming | pu | |
| Sage | (49) | KV-P+ | pu,as | warming | pu | |



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|---------------------|------|-------|----------|---------|----|
| Salt (rock) | (43) | V-PK+ | sa | warming | sw |
| Salt (sea) | (31) | V-PK+ | sa | warming | sw |
| Savory | (58) | KV-P+ | pu | warming | pu |
| Spearmint | (49) | VPK= | pu | cooling | pu |
| Star anise | (49) | VK-P+ | pu,sw | warming | pu |
| Tarragon (Estragon) | (39) | KV-P+ | pu | warming | pu |
| Thyme | (49) | KV-P+ | pu | warming | pu |
| Turmeric | (56) | KVP= | bi,pu,as | warming | pu |
| Vanilla | (52) | VP-K+ | bi,sw | warming | sw |

Miscellaneous

| Food name | Rating % | Effect | Rasa | Virya | Vipaka |
|-----------------------|----------|--------|----------|---------|--------|
| Baking powder/soda | (7) | P-KV+ | as | cooling | pu |
| Carob | (40) | KP-V= | sw,as | warming | sw |
| Chips | (0) | VPK+ | sw,sa | warming | sw |
| Chocolate (dark) | (21) | VK-P+ | pu,bi | warming | pu |
| Chocolate candy | (0) | KPV+ | sw,pu,bi | warming | pu |
| Cookies | (7) | P-VK+ | sw | cooling | sw |
| Ketchup | (0) | PKV+ | sw,so | warming | so |
| Mayonaise | (8) | V-PK+ | so,sw | warming | so |
| Mustard (non-organic) | (0) | KV-P+ | pu | heating | pu |
| Mustard (organic) | (21) | KV-P+ | pu | heating | pu |
| Tamari/Soy sauce | (36) | V-KP+ | sa,so | warming | so |
| Vinegars | (30) | V-PK+ | so | warming | so |
| Yeast | (23) | V-KP+ | so,bi | warming | so |

Nuts & seeds

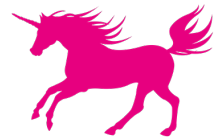
| Food name | Rating % | Effect | Rasa | Virya | Vipaka |
|------------------|----------|--------|-------|---------|--------|
| Almonds (peeled) | (38) | V-PK+ | sw,bi | warming | sw |
| Brazil nuts | (22) | V-PK+ | sw | warming | sw |
| Cashews | (30) | V-KP+ | sw | warming | sw |
| Charoli Nuts | (46) | VPK- | sw | cooling | sw |
| Chestnut | (39) | V-KP+ | sw | warming | sw |
| Chia seeds | (41) | KV-P+ | pu,sw | warming | sw |
| Coconut | (41) | PV-K+ | sw | cooling | sw |
| Flax seeds | (43) | V-KP+ | sw | warming | sw |
| Hazelnut | (30) | V-KP+ | sw | warming | sw |
| Lotus seeds | (37) | PV-K+ | sw | cooling | sw |
| Macademia nuts | (22) | V-KP+ | sw | warming | sw |
| Peanuts | (34) | V-PK+ | sw,as | warming | sw |
| Pecans | (38) | V-KP+ | sw | warming | sw |
| Pine nuts | (43) | V-KP+ | sw | warming | sw |
| Pistachio | (38) | V-KP+ | sw | warming | sw |
| Pumpkin seeds | (35) | V-KP+ | sw | warming | sw |
| Safflower seeds | (26) | VK-P+ | pu,sw | warming | pu |
| Sesame seeds | (39) | V-KP+ | sw | warming | sw |
| Sunflower seeds | (44) | V-KP+ | sw | warming | sw |
| Tahini | (34) | V-KP+ | sw | warming | sw |



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Happier Living*

List of food recommendations for Marie

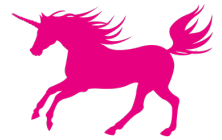
| | | | | | | |
|------------------------|-----------------|---------------|-------------|--------------|---------------|--|
| Walnuts | (30) | V-KP+ | sw | warming | sw | |
| Oils | | | | | | |
| Food name | Rating % | Effect | Rasa | Virya | Vipaka | |
| Almond | (37) | V-PK+ | sw | warming | sw | |
| Apricot | (43) | V-PK+ | sw | warming | sw | |
| Avocado | (37) | V-KP+ | sw,as | warming | sw | |
| Canola | (10) | PK-V+ | sw,as | warming | sw | |
| Castor | (40) | V-PK+ | bi,sw | warming | pu | |
| Coconut | (42) | PV-K+ | sw | warming | sw | |
| Corn | (32) | P-VK+ | sw | warming | sw | |
| Flaxseed | (44) | KV-P+ | pu,sw | warming | pu | |
| Lard | (0) | V-PK+ | sw | warming | sw | |
| Margarine | (0) | KPV+ | sw | warming | sw | |
| Mustard | (34) | KV-P+ | pu | warming | pu | |
| Olive | (41) | VP-K+ | sw | cooling | sw | |
| Peanut | (32) | V-PK+ | sw | warming | sw | |
| Safflower | (35) | KV-P+ | sw,pu | warming | pu | |
| Sesame | (51) | V-PK+ | sw | warming | sw | |
| Soy | (33) | PK-V+ | sw,as | cooling | sw | |
| Sunflower | (46) | VP-K+ | sw | cooling | sw | |
| Sweeteners | | | | | | |
| Food name | Rating % | Effect | Rasa | Virya | Vipaka | |
| Brown sugar | (19) | KVP+ | sw | cooling | sw | |
| Fruit sugar/Fructose | (47) | PV-K+ | sw | cooling | sw | |
| Honey | (46) | VK-P+ | sw,as,pu | warming | sw | |
| Jaggery | (50) | V-KP+ | sw | warming | sw | |
| Lactose | (22) | PV-K+ | sw | cooling | sw | |
| Maltose | (48) | PV-K+ | sw | cooling | sw | |
| Maple sugar | (41) | PV-K+ | sw | cooling | sw | |
| Maple syrup | (41) | PV-K+ | sw | cooling | sw | |
| Molasses | (41) | V-PK+ | sw | warming | sw | |
| Rice syrup | (22) | PV-K+ | sw | cooling | sw | |
| Stevia | (38) | PK-V+ | sw,as | cooling | sw | |
| Sugar (raw) | (32) | VP-K+ | sw | cooling | sw | |
| Sugar non refined cane | (32) | PV-K+ | sw | cooling | sw | |
| White sugar | (0) | VPK+ | sw | cooling | sw | |



21.07.2020

Just Go Pink!

with the Ayurvedic wisdom and recommendation plan for health



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for Healthier and
Happier Living*

List of food recommendations for Marie

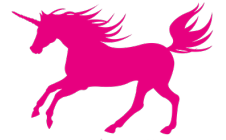
| Vegetables | | | | | | |
|-----------------------------|----------|-----------|--------------|---------|--------|--|
| Food name | Rating % | Effect | Rasa | Virya | Vipaka | |
| Alfalfa sprouts | (50) | PK-V+ | sw | cooling | pu | |
| Aloe Vera | (51) | VPK= (P-) | bi,as,pu,sw | cooling | sw | |
| Artichoke | (50) | PK-V+ | sw,as | cooling | sw | |
| Asparagus | (50) | PK-V+ | sw,bi,as | cooling | sw | |
| Avocado | (36) | V-PK+ | sw | warming | sw | |
| Bean sprouts | (62) | PK-V+ | as,sw | cooling | sw | |
| Beet greens | (39) | KP-V+ | as,bi | cooling | pu | |
| Beets | (36) | V-KP+ | sw | warming | sw | |
| Bell peppers | (50) | K-VP+ | sw,as | warming | pu | |
| Bitter melon/Karela | (37) | KP-V+ | bi,pu | warming | pu | |
| Broccoli | (50) | PK-V+ | as,sw | cooling | pu | |
| Brussels sprouts | (50) | PK-V+ | as,sw | cooling | pu | |
| Burdock root | (45) | PK-V+ | bi,pu,as, sw | cooling | sw | |
| Cabbage | (50) | PK-V+ | as,sw | cooling | pu | |
| Carrots | (45) | VK-P+ | sw,pu | warming | sw | |
| Cauliflower | (50) | PK-V+ | as,sw | cooling | sw | |
| Celery | (45) | PK-V+ | as,sw,sa | cooling | pu | |
| Chard | (43) | KP-V+ | as,bi | cooling | pu | |
| Chili peppers (sweet & hot) | (50) | KV-P+ | pu | heating | pu | |
| Chinese cabbage | (50) | PK-V+ | as,sw | cooling | pu | |
| Collard greens | (50) | PK-V+ | as,bi | cooling | pu | |
| Corn | (36) | K-PV+ | sw | warming | sw | |
| Cucumber | (36) | P-VK+ | sw,as | cooling | sw | |
| Dandelion | (45) | PK-V+ | bi,sw | cooling | pu | |
| Eggplant | (50) | P-VK+ | sw,as | cooling | sw | |
| Green beans | (50) | PK-V+ | sw,as | cooling | sw | |
| Kale | (50) | PK-V+ | as,sw,bi | cooling | pu | |
| Kelp | (43) | V-KP+ | sa,sw | warming | sw | |
| Kohlrabi | (50) | PK-V+ | as,sw | cooling | pu | |
| Leafy greens | (43) | KP-V+ | bi,sw,pu,so | cooling | pu | |
| Leeks | (50) | VK-P+ | pu,sw | warming | sw | |
| Lettuce | (50) | PK-V+ | as | cooling | pu | |
| Licorice root | (49) | VP-K+ | sw,bi | cooling | sw | |
| Miso | (50) | V-KP+ | sa,so,pu | warming | so | |
| Mushrooms | (41) | PK-V+ | sw,as | cooling | pu | |
| Nettle | (38) | PK-V+ | as | cooling | pu | |
| Okra | (45) | PV-K+ | sw | cooling | sw | |
| Onions (cooked) | (63) | VK-P+ | pu,sw | heating | sw | |
| Onions (raw) | (24) | VK-P+ | pu,sw | heating | sw | |
| Parsley | (58) | KV-P+ | pu,as | warming | pu | |
| Parsnips | (54) | VP-K+ | sw,pu | warming | sw | |
| Pickled/Fermented foods | (36) | V-KP+ | so,sa | warming | so | |
| Potatoes | (52) | KP-V+ | as,sw | cooling | sw | |
| Radish | (56) | K-PV+ | pu,as | warming | pu | |



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| | | | | | |
|-------------------|------|-------|----------|---------|----|
| Raw vegetables | (27) | PK-V+ | bi,as,pu | cooling | pu |
| Rhubarb | (34) | PK-V+ | bi,as | cooling | pu |
| Rutabaga | (50) | PK-V+ | as,bi | cooling | pu |
| Seaweeds | (47) | PK-V+ | sa,as | cooling | sw |
| Shallots (cooked) | (56) | VK-P+ | pu,sw | warming | sw |
| Shallots (raw) | (26) | VK-P+ | pu,sw | warming | sw |
| Shiitake | (49) | PK-V+ | sw,as | cooling | pu |
| Spaghetti squash | (47) | VP-K+ | sw | cooling | sw |
| Spinach | (39) | KP-V+ | as,bi | cooling | pu |
| Sprout | (50) | PK-V+ | sw | cooling | pu |
| Squash | (47) | VP-K+ | sw | cooling | sw |
| Sunflower sprouts | (62) | PK-V+ | sw | cooling | sw |
| Sweet potatoes | (43) | VP-K+ | sw | cooling | sw |
| Tamarind | (46) | VK-P+ | so,sw | warming | so |
| Tomatoes | (35) | V-PK+ | sw,so | warming | so |
| Topinambur | (47) | VP-K+ | sw | cooling | sw |
| Turnips | (50) | PK-V+ | as,bi | cooling | pu |
| Water chestnuts | (40) | P-VK+ | sw,as | cooling | sw |
| Watercress | (50) | KV-P+ | pu | warming | pu |
| Wheat grass | (30) | PV-K+ | sw | cooling | sw |
| Wild yam | (43) | VP-K+ | sw | cooling | sw |
| Zucchini | (36) | P-KV+ | sw | cooling | sw |