

Ama Reducing Diet

The Healing Diet: Adena Rose Ayurveda

- Emphasize pungent, bitter and astringent flavors
- Fruit: No sweet fruit, only sour: cranberry, lemon, lime, grapefruit
- Vegetables: steamed vegetables, lots of steamed greens, sprouts (some raw is ok for Pitta). Some spirulina. Vegetable broth.
- No mushrooms, roots or excessively sweet vegetables.
- Grains: No bread or pastries. Less wheat and oats, more barley, quinoa, millet, rye, basmati rice and kitchari.
- Beans: none, or just mung beans
- Nuts: None, some pumpkin seeds ok.
- Dairy: None, goat's milk is more astringent, if necessary.
- No meat
- Oils: Ghee only in small quantities
- Sweeteners: Only honey, less than 2 tsp per day
- Teas/drinks: Ginger, cinnamon, cardamom, fennel, dandelion root, cumin, coriander
- Be mindful of salt intake as well.