



*Rest & Relax*

Guidance • Yoga • Reiki

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## **Vata Food Plan**

### **Balancing Vata Dosha**

These guidelines can be used for Vata mind-body constitutions to maintain dosha balance and to restore balance when necessary regardless of the basic constitution. Vata influences the movement of thoughts, feelings, 'prana' flow, nerve impulse, and fluids in the body.

#### **Favour:**

- Warm food, moderately heavy textures, added oils and fats.
- Salt, sour, and sweet tastes (not too cooling), soothing and satisfying foods.
- All soothing foods are good for settling disturbed vata. Foods such as: warm soaked nut and seed milks, warm soups, stews, sprouted warm whole grain cereals, sprouted breads are beneficial. Due to vata being cold and dry, these warm nourishing foods are good for stabilising vata. On the other hand, cold foods and iced drinks are not. Foods in the cabbage family are hard to digest (unless anti-doted properly), so should be eaten in moderation unless fermented or marinated.
- Breakfast is highly recommended. Use sprouted whole grains such as buckwheat or any other breakfast that is warm, soothing, milky (not necessarily dairy), and sweet.
- Drink warm herbal teas with snacks in the late afternoon. Avoid drinks with high caffeine as it disturbs vata.
- Spicy foods such as Mexican or Indian foods with plenty of high quality cold-pressed oils
- Warm moist foods such as sprouted whole grains, a bowl of warm oat groat gruel or a cup of warm vegetable soup.
- Warm nut and seed milk is good. You can add a little honey to it if you prefer.
- Prefer fresh nuts that are heavy and oily as opposed to dry salty snacks.
- Most sweet fruits are acceptable.
- Drink room temperature water instead of cold or ice water and drinks. Avoid: unripe fruits (as they are astringent) reduce dry foods and bitter tastes. Candies, as they disturb vata. Summary: Breakfast is usually desirable. Beneficial foods include: warming foods, sweet and sour tastes, warm water, herbal teas and fresh juices, raw nut and nut butters and spices such as cinnamon, cardamom, cumin,
- Ginger and cloves in moderation.

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Nutritional Protocol for Vata			
<b>Nourishing Elements</b>	Fire, Water, Earth		
<b>Nourishing Attributes</b>	Moist, Heavy, Smooth, Warm		
<b>Nourishing Tastes</b>	Sweet, Salty, Sour		
<b>Essential Minerals</b>	Calcium, Copper, Iron, Magnesium, Zinc		
<b>Macro- nutrients</b>	Carbohydrates 50-60%	Protein 30%	Fats 15-20%
<b>Fruits</b>	<u>Sweet Fruits:</u> Apricots, Avocados, Bananas, Berries, Cherries, Coconut, Fresh Figs, Papaya, Peaches, Plums	<u>Sour Fruits:</u> Grapefruits, Lemons, Grapes, Mangoes, Sweet melons (not too cooling), Sour Oranges, Pineapples	
<b>Vegetables</b>	<u>Warm Vegetables:</u> Asparagus, Beets, Carrots, Garlic, Green Beans, Onions (dried), Parsnips, Peas	Pumpkin, Squash, Sweet Potato, Radishes, Turnips, Leafy Greens (in moderation)  *Sea Vegetables - all are excellent	
<b>Nuts, Seeds, Oils</b>	<u>Nuts:</u> Almonds, Brazil Nuts, Cashews, Coconuts, Filberts, Hazelnuts, Macadamia Nuts, Pecans, Pistachios, Pinenuts, Walnuts	<u>Seeds:</u> Chia seeds, Flax seeds, Pumpkin seeds, Sesame seeds, Sunflower seeds, Tahini  *all are acceptable in small amounts	
<b>Sprouted Whole Grains</b>	Amaranth, Kamut, Oats, Wheat	Brown rice (excellent), Spelt, Wild Rice, Buckwheat	

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## Nutritional Protocol for Vata

<b>Culinary Spices</b>	<p><u>Sweet and/or Warming Herbs and Spices:</u></p> <p>Allspice, Anise, Asafoetida (hing), Basil, Bay leaf, Black Pepper (sparingly), Caraway, Cardamom, Cilantro (green coriander), Clove, Cumin</p>	<p>Cinnamon, Fennel, Ginger, Juniper Berries, Licorice root, Mace, Marjoram, Mustard, Nutmeg, Orange Peel, Oregano, Sage, Tarragon, Thyme</p>
<b>Herbal Teas</b>	<p><u>Sweet, Nourishing Teas:</u></p> <p>Ajwan, Chamomile, Comfrey, Elderberry, Eucalyptus, Fenugreek, Licorice Root, Marshmallow</p>	<p>Lemongrass, Lavender, Hawthorn, Juniper-berry, Oat-straw, Raspberry, Rose-hip, Saffron (excellent), Sarsaparilla, Sassafras</p>
<b>Whole Food Supplements</b>	<p>Bee Pollen, Royal Jelly, Spirulina, Blue Green Algae</p>	<p>Nutritional Yeast, Aloe Vera Gel, Green Kamut, Green Chlorella</p>
<b>Exercise</b>	<p><u>30 minutes, 3 times per week:</u></p> <p>Gentle Movement Yoga</p>	<p>Walking, Hiking, Chi Gong Deep Breathing (Pranayama)</p>
<b>Avoid or Reduce</b>	<p><u>Elements:</u> Air and Ether</p> <p><u>Attributes:</u> Dry, Cold, Light, Mobile, Erratic</p> <p><u>Tastes:</u> Bitter, Astringent, Pungent</p>	



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Vata dosha is aggravated and increased during autumn and early winter. Mental and emotional peace and constructive lifestyle routines are important to re-establish and maintain balance. If your basic constitution is mixed (vata-pitta-kapha), to maintain balance, include smaller portions of the foods beneficial for the second dosha.

General Tips on Health and Wellness for Vata Types: The vata individuals find it very difficult to maintain regular habits, such as eating and sleeping at regular times. But this is the most important thing for them to do. When vata is out of balance, this may feel almost impossible, but an effort to establish a regular routine is very important for all people with a vata body type. Rest sufficiently and choose foods, behaviours, personal relationships and environmental circumstances that will be instrumental in balancing vata characteristics. It is also important to regulate mental and physical impulses, and to modify mental attitudes, emotional states and behaviours in supportive ways.

Sweet, sour and salty tastes decrease vata influences, so include these tastes if vata influences need to be diminished. Foods that provide sweet and sour tastes are: nut and seed milks, sprouted whole grains such as gamut, wheat, wild rice, brown rice and some fruits and berries.

Regular exercise should be relaxed and moderate. A regular movement practice in a meditative mood is good, as are yoga, chi gong, tai chi, walking, hiking and swimming. Avoid strenuous, competitive and frantic activities.

When possible, associate with people who are calm purposeful. Meditate everyday for deep relaxation.

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## Vata Menu Plan

	Spring/Summer	Autumn/Winter
<b>Waking (1/2 an hour before meal)</b>	Warm tea (adaptogen herbs, culinary spices such as fennel, clove etc.)	soaked almonds blended with warm milk, including saffron, turmeric, honey, coconut sugar.
<b>Breakfast</b>	Sweet fruit (not too cooling) or sprouted grains	sweet fruit salad (not too cooling), soaked grain dish like oatmeal, porridge, nut or seed milks (almond, hemp), adding cinnamon is good, eggs on ezeziel bread, olive oil bruschetta, 'kitchari'
<b>Snack</b>	sweet treats such as fruits with warming spices and herbs	tahini or almond butter, in season fresh peaches or apricots, instant organic miso soup, beetroot dip, sunset pate
<b>Lunch</b>	sprouted wild rice or soaked buckwheat groats with yellowish- organs sweet root veggies. (sweet potato, yam, squash, pumpkin)	fresh kale or collard salad, spinach salad (with olive oil and lemon dressing), hemp seed oil, tamarin and warming spices, flax crackers, 'kitchari' stew, warmed salmon, paneer masala, okra masala, thai
<b>Snack</b>	Sesame seed and fennel treat, raw chocolate bars, aduki hummus, edamame hummus, spiced greek yoghurt dip	apple sauce with cinnamon, nutmeg and sweetened with honey, spicy herbal tea, miso soup, goji berry mix,

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<b>Dinner</b>	Spaghetti squash with fresh tomato sauce, zucchini pasta, Thai fried brown rice, tom yum vegetarian soup, Thai green curry with veggies, Baked Eggplant with avocado sauce	Stir fry root vegetables with ginger dipping sauce, warm mushroom broth with wontons and buckwheat noodles, rice noodles pad thai style, vegetarian sate with peanut dipping sauce
<b>Snack</b>	carob brownie, dark chocolate raw treat	pumpkin pudding, culinary seed tea
<b>Bedtime</b>	warm nervine tea with ginger and honey	warm spicy toddy with vanilla and carob meal, warm homemade almond milk with honey and saffron

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