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ayurveda plus Rejuvenation Center

Programs & Products for Perfecting Health

Six Tastes

All foods can be categorized into one or more of the six tastes. The six tastes are composed of two of the the 5 elements: space, air, fire, water, and earth.

Blue is to be favored—more sattvic

Sweet -- Earth & Water -- **sweet foods, grains, bread, pasta, oil, milk, fat**

Sour -- Earth & Fire -- tomatoes, vinegar, cheese, yogurt, **citrus, lemon, lime**, pickles

Salty -- Water & Fire -- **salt**, miso, soy sauce, tamari, cheese

Pungent -- Fire & Air -- **hot spicy**, chilis, onions, garlic, **ginger**, cayenne, **radishes**

Bitter -- Air & Ether -- **dark green leafy vegetables, turmeric, fenugreek**

Astringent -- Air & Earth -- **poultry, beans, apples, cabbage, broccoli, potatoes**

VATA is balanced by: Sweet, Sour, and Salt

VATA is imbalanced by: Pungent, Bitter, and Astringent

PITTA is balanced by: Sweet, Bitter, and Astringent

PITTA is imbalanced by: Pungent, Sour, and Salt

KAPHA is balanced by: Pungent, Bitter, and Astringent

KAPHA is imbalanced by: Sweet, Sour, and Salt

It is important to have each of the six tastes represented at your main meals--lunch and dinner. When you know which of the three doshas you want to bring into balance, then proportionally you will put more attention on those three tastes. The "other" three tastes will just be represented in a minor way.

Having each of the six tastes at a meal assists in bringing a greater sense of satisfaction from that meal. You may have noticed that after some meals you have a feeling that something was missing. We usually will then have a sweet craving. If you analyze the tastes in the meal, you may discover that at least one or more of them was missing.

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