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GENERAL GUIDELINES FOR HEALTHFUL AYURVING EATING*

These are general guidelines for optimum health, happiness, balancing, nourishing the whole physiology.

- Wash your hands before eating
- Always sit to eat in a clean area
- Prefer eating towards East facing
- Make the room pleasant with flowers.
- Eat in a settled and quiet atmosphere.
- Do not work, read, conversation or watch TV during meals
- Observe silence while eating
- Give thanks and eat your food with respect.
- Often feed someone else, a pet, a plant, an outsider, or make an offering.
- Eat at approximately the same times each day.
- Don't eat too quickly or too slowly.
- Chew thoroughly; the digestive process begins in the mouth.
- Eat with your hands so that the food is at the right temperature and brain knows what you are eating.
- Eat to about 3/4 of your capacity. (1 part filled with solid, 1 part filled with water, 1 part empty for process of digestion)
- Feed the senses with food that is colorful, tasty, aromatic, and pleasing in texture and sound.
- Do not leave the table very hungry or very full.
- Eat six tastes (sweet, sour, salty, pungent (spicy), bitter, astringent) in your meal per day.
- Following the meal give thanks and wash, especially the eyes
- Do not have vigorous exercise, sex, sleep for 2 hours after eating.
- Avoid taking a meal until the previous meal has been digested (allow approximately 3 to 6 hours between meals)
- Avoid drinking large quantity of liquids ½ - 1 hour before meals.
- Water or juice is fine to sip during meals.
- Avoid drinking large quantity of liquids immediately after meals.
- Milk should not be taken with meals having mixed tastes (i.e. vegetables, meats etc.,) Prefer Organic milk
- Milk may be taken with toast, cereals, or sweet tasting foods, or separated from a meal by at least 20 minutes.
- In general, the diet should be balanced so as to include all six tastes. Specific recommendations will be according to your constitutional type and particular physiologic needs.



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- We generally respect and follow our spontaneous desires. Desire is the physiology's means of expressing what it needs to achieve balance at a given moment. However, non-life supporting desires may arise owing to some habitual pattern or imbalance.
- Yogurt, cheese, cottage cheese and cultured buttermilk should be avoided at night.
- It is best not to heat or cook with honey.
- Avoid microwave oven cooked foods.
- Avoid ice cold beverages or food as they interfere with digestion
- Take a few minutes to sit quietly after eating before returning to your activity
- Food should always be fresh and of the best possible quality
- Food is best if warm and well cooked
- Let someone who loves you cook
- Honey should not be heated in any way such as by cooking, baking or adding it to hot beverages. Use raw honey.
- Avoid restaurants they do not satisfy the mind and spirit just the belly.
- Food should always be delicious and pleasant to the eye.
- Food prepared by a happy, settled cook in a pleasant environment would have the best influence.
- Do not eat when angry, depressed, bored, emotionally unstable, or immediately after exercise.
- Avoid eating raw vegetables, uncooked oats etc., when your digestive fire is weak.
- Fruits are all right.
- Cooked vegetables are favored because they are more digestible. If taken, salads should be eaten at the beginning of the lunch meal only.
- Avoid leftovers, packaged foods, processed foods, and fast foods.
- Cold foods and drinks should be avoided because they hamper the digestive juices.
- Sipping hot water throughout the day enhances the digestion and feels lighter.
- Red meat should be avoided. If taken, poultry or fish should preferably be eaten at the lunch meal.
- Aged, fermented, smoked and pickled foods should be avoided.
- Don't eat right before going to bed. If you are hungry, then a glass of warm milk (may be with some cardamom or ginger) can be taken.
- Refined sugar should be avoided. Unrefined sugars (e.g. Sucanat, brown colored sugar, Jaggary) are preferred.
- Flat breads (e.g. tortillas, chapattis, pita bread) are preferred to leavened, yeast breads. If yeast bread is taken, it should be toasted.
- Ideally, lunch should be the main meal of the day and supper lighter. (Digestive power is stronger at lunch time)
- Observe weekly once liquid diet like fruit juices, water etc.,
- Avoid saturated fats (except for unsalted butter, clarified butter).
- Eat meats with plenty of veggies.



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Favor:

- Eat approximately, regularly same time of the day.
- Eat only if you feel hungry (make sure your previous meal is digested)
- Eat according to your hunger level.
- Sit and eat in a settled environment
- Chew well as the digestive process starts in the mouth.
- Sit quietly after meals for a few minutes.
- Always prefer fresh food and food which is freshly prepared.
- Eat warm, cooked food.
- Lacto Vegetarian diet is more healthy and easy to digest
(Non-vegetarian diet is known to produce a lot of toxins)

Avoid or Reduce:

- Avoid any food or drinks, which come directly from the refrigerator.
- Avoid heavy, oily or fried food (cheese, deep fried foods, yogurt, potatoes, chocolate)
- Avoid carbonated and caffeinated drinks.
- Avoid deep frozen and processed foods.
- Avoid gas producing food: cabbage, brussel sprouts, beans, peas ... especially for dinner.
- Minimize intake of root vegetables: carrots, beetroots, and celery...
- Avoid cooking or heating honey. Avoid taking honey with warm drinks or warm food.
- Avoid re heating food, which has already been cooked.
- Avoid drinking milk with sour drinks and foods.

Always remember:

A good indicator is that you feel fully satisfied and light after eating.

Choose food that is suitable for you and do not eat what you know is not good for you!

Examples of meals:

Food should be delicious, warm and properly cooked. It should be freshly prepared from wholesome and seasonal ingredients. These six tastes (sweet, sour, salty, pungent, bitter, astringent) should be included in the daily intake.

Take breakfast only if you are hungry:

- Warm milk alone or with either cereals or a few raisins and almonds
- Herbal tea



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- Luke warm water with a few drops of lemon juice and 1-teaspoon raw honey. (This can be taken as soon as you get up to release any toxins (Ama) which may have been accumulated overnight. Never take it with milk.)
- If you take bread or crackers, taken them preferably with ghee (clarified butter), home made jam or raw honey. Bread should be taken fresh and toasted and when possible without yeast.

Lunch should be the main meal of the day:

- Begin your lunch with the food which is the most difficult to digest (heavy and sweet in taste), when the digestive power is at its maximum.
- A balanced diet includes grain, bread, rice, lentils, beans, peas, vegetables, ghee, salt, and spices.
- If you feel thirsty, drink salty lassi or sip hot water.

Take an early and light dinner:

(6-7 p.m. is ideal for dinner. Wait at least 2 hours before going to bed so the dinner is better digested). Either vegetable soup with lentils or other grains, or milky dessert alone.

Include in your diet:

- Sweet ripe fruits in between meals if you feel hungry.
- Cooking with little ghee (clarified butter) according to your digestion capacity. (1 to 2 teaspoons per day)
- Rice, pasta, couscous, barley, polenta, lentils, pulses, yellow mung dal are good.
- Drink lassi after lunch or afternoon. Prefer either salty lassi with roasted cumin seed powder or sweet lassi with cardamom, sugar. For making lassi take 1 part of fresh Yogurt (not sour) and add 4 parts of water.
- Drink warm milk (boiled) 1 cup either 1% or fat free with cardamom powder and ginger powder.
- Overnight soaked raisins are good to eat in the morning.
- Favor spices: cumin, ginger, turmeric, cardamom, cinnamon, cloves, mustard seeds, asafetida, black pepper, and rock salt.
- Take cane sugars like candy sugar, Jaggary – raw cane or palm sugar, brown colored sugar, home made jam, honey in moderation are good.
- Steamed and cooked vegetables with little ghee are good. You can also have vegetable soups.
- Sipping about every ½ hour about 10-15 times per day boiled warm water (1 degree above the body temperature) is good. Feel free to add fresh ginger slice or herbal tea bag to the warm water if you like to have. Keep hot water in thermos.
- If you have strong digestive power take little amounts of roasted almonds, nuts, sunflower seeds.
- If you like to have salads (if you have strong digestive power) take raw vegetables like cucumber, ripe tomatoes, basil, parsley, cilantro, mint, fresh grated ginger and carrot seasoned with extra virgin olive oil ¼ teaspoon + fresh lemon juice ¼ teaspoon + 1 pinch black pepper + 1 pinch rock salt.



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