

pure, light, sweet  
positive energy flow

## sattva

Foods that promotes purity  
of mind, peace, intelligence  
and right decisions

**MILK**

**HERBAL TEA**

**GHEE**

**RICE**

**FRESH SWEET FRUITS**

**FRESH VEGGIES**

**HONEY**

**NUTS**

**MUNG BEANS**

**\*PEACE WHILE EATING**

spicy, over-stimulating,  
creates restless, excited mind

## rajas

Foods that give us motivation.  
Food that keeps us attached to  
the ego and creates desires.

**COFFEE/ BLACK TEA**

**CHICKEN**

**EGGS**

**ONION**

**GARLIC**

**CITRUS FRUITS**

**VERY SPICY FOODS**

**CHOCOLATE**

**SALT**

**\*EATING TOO FAST**

dull, heavy, blocks  
flow of prana, creates toxins

## tamas

Foods that destroy our resistance  
to disease. Clouds the mind.  
Promotes negative emotions.

**RED MEAT**

**ALCOHOL**

**FAST FOOD**

**FRIED FOOD**

**FROZEN FOOD**

**CANNED/STALE FOOD**

**REFINED SUGARS**

**TOBACCO**

**SODA**

**\*OVEREATING**