

Sample Client - Best & Moderate Foods

Food direction for balancing digestion, supporting fatty liver & cholesterol, reducing gas & reflux, and boosting energy.

 BEST FOODS – EAT OFTEN WARM • COOKED • EASY TO DIGEST • NOURISHING			
	PROTEINS	Chicken, turkey, white fish, eggs	
	GRAINS	White basmati rice, quinoa, millet, oatmeal (cooked)	
	VEGETABLES	Zucchini, yellow squash, carrots, pumpkin, butternut squash, sweet potato, green beans, asparagus, cooked spinach, beets, celery (cooked), sweet onions (cooked)	
	FRUITS (BETWEEN MEALS ONLY)	Berries, pears, apples, melon	
	FATS	Small amounts of ghee, small amounts of olive oil	
	DRINKS	Warm water, herbal teas (ginger, fennel, cumin, coriander)	

			
MODERATE FOODS – USE CAREFULLY			
IN SMALL AMOUNTS & ONLY IF WELL TOLERATED			
	PROTEINS	Salmon, plain yogurt (if tolerated)	
	GRAINS	Brown basmati rice, sourdough bread (occasionally)	
	VEGETABLES	Cucumber (cooked), small amounts of leafy greens (well cooked)	
	FRUITS (BETWEEN MEALS ONLY)	Peaches, nectarines, plums	
	FATS	Avocado, nuts (only with meals and in small amounts)	

 **GUIDING PRINCIPLE:** Choose foods that are warm, cooked, moist, simple, and soothing. They support digestion, reduce inflammation, and bring energy.



NEVER / AVOID FOODS

STOP OR GREATLY REDUCE



PROTEINS

Beef, red meat, lamb, pork,
processed meats, fried meats



DAIRY / SNACKS

Cheese, milk, butter, ice cream,
nuts as snacks, chips, crackers,
dry salty snacks, cookies, cake,
chocolate, sweets



GRAINS

Wheat, bread, pizza, pastries,
baked goods, heavy casseroles



VEGETABLES

Raw salads, tomatoes, tomato sauce,
eggplant, broccoli, cabbage,
cauliflower, most beans, hot peppers,
raw onions



FRUITS

Sour fruits, excess dried fruit,
cranberry, citrus fruits if causing
burning or acidity



FATS

Fried foods, greasy foods,
deep-fried foods, heavy oils,
canola oil



CONDIMENTS

Chili, cayenne, hot sauce, vinegar,
mustard, excess black pepper



DRINKS

Coffee on empty stomach or
afternoon coffee, alcohol, soda,
carbonated drinks, very cold drinks



IMPORTANT RULES & GUIDELINES



Eat warm, cooked, freshly
prepared meals.



Eat in a calm, relaxed
environment.



Eat 3 main meals daily.
Avoid all-day snacking.



Take a short walk after
meals.



Give your stomach time
to rest and fully digest.



Finish dinner 2–3 hours
before bed.



Drink warm water
throughout the day.



Listen to your body.
Less is more.



This food list is educational and based on traditional Ayurvedic dietary principles.
It is not a substitute for medical care.

