



The Six Tastes

To help you when you are creating menus and shopping for ingredients, here is a list of foods in each of the six tastes described by Ayurveda. Keep in mind that most foods have *more than just one taste*.

Sweet	Sweet	Sweet	Sour	Salty	Pungent	Bitter	Astringent	Astringent
<u>Fruits</u>	<u>Vegetables</u>	<u>Legumes</u>	Alcohol	Celery *	Alcohol	Aloe Vera	Apples *	Oregano *
Apples (ripe)	Artichokes	Black Beans	Apricots *	Garlic	Asafetida	Almonds *	Artichoke *	Okra
Apricots	Asparagus	Fava Beans	Berries	Liquid aminos	Basil	Asparagus	Asparagus	Parsley
Banana (ripe)	Avocado *	Lentils *	Caraway	Meats	Bay Leaves	Bitter Melon	Avocado	Popcorn
Berries	Beets	Lima Beans	Cheese	Ocean Fish	Cocoa	Broccoli	Banana*(unripe)	Peaches *
Cherries	Bell Pepper	Mung Beans	Cherries *	Sea Veggies	Caraway	Bok Choy	Barley *	Pears *
Coconut	Carrots(Cooked)	Navy Beans	Cranberry	Salt	Cayenne	Chamomile	Bell Peppers	Peas
Dates	Celery *	Peanuts	Grapefruit	Soy Sauce	Chamomile	Chicory	Berries	Plums *
Figs	Corn	Soy/Tofu	Green apples	Tamari	Cloves	Citrus Peel	Black Beans	Pomegranate
Guava	Cucumber	Split Peas	Grapes		Coffee	Cumin	Broccoli	Persimmons
Grapes	Green Beans		Garlic		Cinnamon	Coffee	Brussels Spts	Potato
Kiwi	Garlic	<u>Dairy</u>	Kefir Cheese		Cardamom	Cloves	Buckwheat	Purple Grapes
Mango (ripe)	Mushrooms	Butter	Kiwi		Cumin	Collard Greens	Bay Leaf	Red Wine
Melons	Onions (cooked)	Ghee	Lemon		Eggplant	Chard	Basil	Radish *
Nuts & Seeds	Olives	Ice Cream	Lime		Fennel	Dark Chocolate	Cabbage Fam	Rice *
Olives	Okra	Milk	Mango (green)		Fenugreek	Endive	Carrots*(raw)	Sea Veggies *
Oranges	Potato *	Yogurt	Oranges		Garbanzo	Eggplant *	Cauliflower	Soy
Papaya	Pumpkin		Oregano		Garlic	Garlic	Celery	Spinach *
Peaches	Sprouts *	<u>Other</u>	Papaya *		Ginger	Hops	Cilantro	Split Pea
Pears	Squash	All oils	Peaches		Hot Peppers	Kale	Corn	Sprouts
Persimmons	Sweet Potato	Breads	Pickles		Marjoram	Lime *	Cranberry	Squash
Pineapple	Tomato	Chocolate	Pineapple *		Mustard Grns	Lettuces	Cherries	Turnips
Plums		Eggs	Plums *		Mustard Oil	Mustard Grns	Cucumber *	Non-Herbal Tea
Pomegranate	<u>Herb/Spices</u>	Fish	Persimmons		Nutmeg *	Neem	Coriander	Turmeric
Prune (soaked)	Bay Leaf	Grains	Pomegranate		Onions (Raw)	Rosemary	Dark Greens	Tofu/Tempeh
Raisin (soaked)	Basil	Honey	Raisins		Oregano	Spinach	Dill	Vanilla
Tangerine	Cloves	Meats	Sour Cream		Parsley	Sesame Seed	Eggplant *	Wheat
	Cilantro	Pasta	Soy sauce		Pepper	Tea	Figs *	Zucchini
<u>Nuts/Seeds</u>	Coriander		Soy Products		Paprika	Turmeric	Fresh Fish	<u>Nuts/Seeds</u>
All nuts and seeds	Cinnamon		Tamarind		Pumpkin Seeds	Turnips	Green Beans	Macadamia
	Cardamom		Tomatoes		Radish	Yellow squash	Garlic	Hazelnut
<u>Grains</u>	Dill		Tangerine		Rosemary		Kidney Beans	Pecan
Barley	Fennel		Vinegar		Spinach		Kiwi	Pinenut
Buckwheat *	Mint		Vinegar (acv)		Thyme		Lemon *	Brazil Nut
Millet	Nutmeg		Yogurt*		Turmeric		Lettuce	Sesame Seeds
Oats	Rosemary				Turnips		Lima Beans	Sunflower Seeds
Rice	Vanilla						Mung Beans	Safflower Seeds
Wheat							Mushrooms	
							Mangos (green)	<u>Legumes</u>
							Nutmeg *	All Legumes

* Secondary tastes

In her infinite wisdom, nature has packed all possible food sources into six tastes as a way to inform us about each food's influence on our mind and physiology. All six tastes should be eaten at every meal for us to feel satisfied and to ensure that all major food groups and nutrients are represented.



More about the six tastes

Sweet – The taste of “energy”

- Reduces Pitta & Vata; Increases Kapha
- Sources: proteins, carbohydrates, fats
- Function: most nutritive, builds tissues
- Examples: grains, dairy, breads, pasta, starchy vegetables, fruits, nuts, oils, sugar, honey, animal products
- Elements: water and earth
- Greatest volume of a usual diet

Sour – The taste of “acid”

- Reduces Vata; Increases Pitta & Kapha
- Sources: organic acids
- Function: promotes appetite and digestion
- Examples: citrus fruits, sour fruits, tomatoes, yogurt, cheese, pickles, vinegar, alcohol
- Elements: earth and fire

Salty – The taste of the “ocean”

- Reduces Vata; increases Pitta & Kapha
- Sources: mineral salts, ocean
- Function: mildly laxative, sedating, promotes digestion
- Examples: salt, seafood, sauces, meat
- Elements: water and fire
- Use in small amounts

Pungent – The taste of “digestive fire”

- Reduces Kapha; increases Vata & Pitta
- Sources: essential oils
- Function: stimulates digestion, clears congestion, detoxifying
- Examples: hot peppers, ginger, salsa, radishes, mustard, cloves, thyme, basil
- Elements: air and fire
- Awakens the digestive fire (Agni)

Bitter – The taste of “concentrated nutrients”

- Reduces Kapha & Pitta; increases Vata
- Sources: alkaloids, glycosides
- Function: anti-inflammatory, detoxifying
- Examples: green and yellow vegetables, green leafy vegetables, turmeric, aloe vera
- Elements: air and space
- Has medicinal qualities

Astringent – The quality of “dryness”

- Reduces Kapha & Pitta; increases Vata
- Sources: tannins, fiber
- Function: healing, compacting, drying
- Examples: beans, legumes, lentils, pomegranates, cranberries, tea, dark greens
- Elements: air and earth
- Most lacking from average Western diet