

The Six Flavors of Ayurveda Food Chart

SWEET	SWEET	SWEET	SWEET	SOUR	SALTY
Fruits (ripe)	Vegetables	Dairy	Herbs/Spices	Alcohol	Celery
Apples	Artichokes	Butter	Bay Leaf	Apricots	Garlic
Apricots	Asparagus	Ghee	Basil	Berries	Meats
Bananas	Avocado	Ice Cream	Clove	Caraway	Ocean Fish
Berries	Beets	Milk	Cilantro	Cheese	Sea Vegetables
Cherries	Bell Peppers	Yoghurt	Coriander	Cherries	Salt
Coconut	Carrots		Cinnamon	Cranberries	Soy Sauce
Dates	Celery		Cardamom	Grapefruit	Tamari
Figs	Corn		Dill	Green Apples	
Guava	Cucumbers		Fennel	Grapes	
Grapes	Green Beans		Garlic	Garlic	
Kiwi	Mushrooms		Mint	Kefir	
Mangoes	Onions (cooked)		Nutmeg	Kiwi	
Melons	Okra		Rosemary	Lemons	
Olives	Potatoes		Vanilla	Limes	
Oranges	Pumpkin			Mangoes	
Papaya	Sprouts			Oranges	
Peaches	Squash			Oregano	
Pears	Sweet Potatoes			Papaya	
Persimmons	Tomatoes			Peaches	
Pineapple				Pickles	
Plums				Pineapple	
Pomegranates	Legumes			Plums	
Prunes (soaked)	Black Beans			Persimmons	
Raisins (soaked)	Fava Beans			Pomegranates	
Tangerines	Lentils			Raisins	
	Lima Beans			Sour Cream	
	Mung Beans			Soy Sauce	
Nuts/Seeds	Navy Beans			Soy Products	
All	Peanuts			Tamarind	
	Soy/Tofu			Tomatoes	
Grains	Split Peas			Tangerines	
Barley				Vinegar	
Buckwheat				Yoghurt	
Millet					
Oats					
Rice					
Wheat					
Honey					
Sugar					
Meats					
Pasta					

BITTER	BITTER	PUNGENT	PUNGENT	ASTRINGENT	ASTRINGENT
Aloe Vera	Herbs/Spices	Alcohol	Herbs/Spices	Apples	Herbs/Spices
Almonds	Chamomile	Cocoa	Asafetida	Artichokes	Bay leaf
Asparagus	Chicory	Coffee	Basil	Asparagus	Basil
Bitter Lemon	Cumin	Eggplant	Bay leaves	Avocado	Cilantro
Broccoli	Cloves	Garbanzo Beans	Caraway	Bananas (unripe)	Coriander
Bok Choy	Garlic	Hot peppers	Cayenne	Barley	Dill
Citrus Peel	Neem	Mustard Greens	Chamomile	Bell Peppers	Garlic
Coffee	Rosemary	Onions (raw)	Cloves	Berries	Nutmeg
Collard Greens	Turmeric	Pumpkin Seeds	Cinnamon	Black Beans	
Chard		Radishes	Cardamom	Broccoli	
Dark Chocolate		Spinach	Cumin	Brussels Sprouts	
Endive		Turnips	Fennel	Buckwheat	
Eggplant			Fenugreek	Cabbage Family	Nuts/Seeds
Hops			Garlic	Carrots (raw)	Macadamia nuts
Kale			Ginger	Cauliflower	Hazelnuts
Lettuce			Marjoram	Celery	Pecans
Limes			Nutmeg	Corn	Pine nuts
Mustard Greens			Oregano	Cranberries	Brazil nuts
Sesame Seeds			Parsley	Cherries	Sesame seeds
Spinach			Pepper	Cucumbers	Sunflower seeds
Tea			Paprika	Dark greens	Safflower seeds
Turnips			Rosemary	Eggplant	
Yellow Squash			Thyme	Figs	
			Turmeric	Fresh Fish	
				Green Beans	Legumes
				Kidney Beans	All Legumes
				Kiwi	
				Lemons	
				Lettuce	
				Lima Beans	
				Mung Beans	
				Mushrooms	
				Mangoes (green)	
				Vanilla	
				Wheat	
				Zucchini	

** You will notice that there is overlap in that many foods contain more than one flavor. Use your own discernment as to how a food tastes to your own palate, and as you familiarize yourself with recognizing the flavors, there is space to add your own items that may not be listed here.

Additionally, Ayurvedic practitioners will make recommendations as to a food's digestive and post digestive effect. Begin to notice subtle nuances that contribute to a food's healing qualities such as aftertaste, how you feel immediately versus 30 minutes or 2 hours later.