

Yogic / Sattvic diet

Yoga is considered a mental practice, using asana and pranayama as a preparation for meditation. Hence a traditional Yogic diet consist of natural, unprocessed foods that promotes mental clarity, peace and lightness of the mind and body.

*SATTVIC food is specially rich in **prana** (life force) that strengthen and balances our physical and mental digestion - **the basis for overall health and happiness!***

Benefits of a Sattvic diet:

- Has a balancing effect on all the doshas (VATA, PITTA, KAPHA)
- Strengthens the immun system and reduces inflammation
- Easily digestible, promotes absorption of nutrients and excretion of waste products
- Increases PRANA and strengthens the internal communication between mind and body
- Provides strength, vitality and increased energy
- Has a calming and balancing effect on the nervous system
- Cleansing and de-toxifying, both physically and mentally

Typical Sattvic foods:

- Fresh and ripe fruits is the most sattvic food we can eat (preferably organic, local and seasonal)
- Most vegetables (exceptions are garlic, onion, mushrooms and)
- Whole grains, specially basmati rice, oats and wheat
- Fresh herbs and sprouts
- Mild and warming spices like fresh ginger, turmeric, cinnamon, coriander, cardamom, saffron, fennel, nutmeg and cloves (in small amounts)
- Nuts and seeds, specially soaked and peeled almonds, walnuts and pine nuts
- Honey and natural sweeteners from fruit, maple syrup and dates
- Ghee and cold pressed oils, specially sesame and olive oil
- Some beans and lentils like mung beans and adzuki beans
- Organic, preferably non pasteurized milk, mild, fresh and soft cheese
- Kitchari, a typical Ayurvedic dish made from basmati rice, mung beans and mild spices

Pure, fresh and unprocessed foods - local, seasonal and preferably organic

Limit intake of foods that have the opposite effect:

- *Preservatives and artificial additives, including sweeteners*
- *Meat, fish and eggs*
- *Food and drinks that are very cold or very hot/warm, incl burnt, grilled and overly cooked foods*
- *Refined foods like white sugar and flour, baked goods with lots of yeast (typical bake-off)*
- *Strong, overly rich and aged cheese*
- *Margarin and processed oils, rancid or poor quality oils (ex. cheap and mixed vegetable oils)*
- *Very hot spices like chili, cayenne pepper and raw garlic*
- *Vinegar and fermented food like pickles, olives, soy sauce*
- *Non-organic soy-products (GMO)*
- *Fried and salted nuts, specially peanuts*
- *Reheated food and left overs that are more that 1-2 days old*
- *Use of microwave*
- *Fast-food and ready-meals, specially fried foods*
- *Foods and drinks with extra stimulating effect; alcohol, white sugar, chocolate, coffee and tea*

