

Sattwic

Herbs and Spices

Cardamom (clarity, joy)
Chamomile
Fennel (very sattvic)
Ginger (most sattvic)
Saffron
Amla
Ashwagandha
Brahmi
Gokshura
Pippalī
Shatāvārī (love, devotion)
Tulsī (heart, love, devotion, clarity, faith, compassion)
Cinnamon
Vachā
Licorice

Fruit (most sattwic food)

Veggies (medium sattwic food)

Cauliflower

Other

Grain such as Rice (not bleached)
Pinon
Nuts
Lotus Seeds
Carob
Milk, Ghee and Yoghurt from happy cows only!

Rajasic

Black Pepper
Cayenne
Cloves
Onion
Chili
Cabbage Family
Turnips
All beans except Mung Dal
Chocolate
Alcohol (Wine)

Tamasic

Asafoetida
Garlic
Nutmeg
Tagara
Mushrooms
Homogenised, pasteurised milk
Meat/Fish
Eggs
White Sugar
Alcohol (Spirits)