**AYURVEDA AND NUTRITION**

**VAC THEORY ASSIGNMENT, 2023-24 Even Semester**

**Dr. Jayita Thakur, Shivaji College, University of Delhi**

**Name:**

**Exam Roll No:**

**Course:**

**Name 3 food items each to be ‘avoided’ and preferred, with reference to the *tridoshas*.**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Vata** | | **Pitta** | | **Kapha** | |
| **Avoid** | **Prefer** | **Avoid** | **Prefer** | **Avoid** | **Prefer** |
| **Fruits** |  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| **Vegetables** |  |  |  |  |  |  |
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|  |  |  |  |  |  |
| **Grains** |  |  |  |  |  |  |
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|  |  |  |  |  |  |
| **Legumes** |  |  |  |  |  |  |
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|  |  |  |  |  |  |
| **Dairy** |  |  |  |  |  |  |
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