

## YOGIC VIEW ON FOOD

According to the yogic tradition, there are 3 types of food:

**Sattvic:** of pure essence with etheric qualities. Examples: most fruit and vegetables, avocados, dates, coconuts, beans, rice, breads and green vegetables. A sattvic diet is perfect for those who wish to maintain a meditative mind and a quiet, contemplative life.

**Rajasic:** gives energy to accomplish, achieve or create. Examples: stimulating herbs and spices, potatoes, turnips, garlic, ginger, onions. Some rajasic food is best for those who are physically active or who practice heavy disciplines like kundalini yoga or martial arts.

**Tamasic:** has regressive properties of inertia and decay. Examples: meat, fish, poultry, eggs, alcohol, intoxicating drugs. Tamasic food is best avoided.

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