

FLOURS IN BAKED GOODS: EFFECTS ON CONSTITUTION

Type of Flour	Effect on Doshas	Other Info
# Almond	Calms V & P, increases K	GF, sweet/cool/sweet
Amaranth	Calms all doshas	GF, sweet, astringent/cool/pungt, light
Barley	Increases V, calms P & K	G, sweet/cool/sweet, light, diuretic
Buckwheat	Calms all doshas, st inc. V	GF, ast, sweet, pungt,/hot/sweet
	heavy	
# Chickpea/garbanzo	Increases V, calms P & K	GF, dry, rough, heavy
# Coconut	Calms V & P, inc. K	GF, sweet/cool/sweet
Corn, blue	Inc. V, mildly inc P, calms K	GF, sweet/not as warm/sweet
Corn, yellow	Inc. V & P, calms K	GF, sweet/warm/sweet, dry, light
Millet	Increases V & P, calms K	GF, sweet/warm/sweet, dry, light
Oat, bran	Inc. V, neutral P, calms K	G, ast, sweet/cool/sweet, rough, dry, light
Oat, flour	Inc. V, calms P & K	G*, sweet/cool/sweet, dry, rough
# Potato	Inc. V & P, calms K	GF, Ast/cool/sweet, dry, light, rough
Quinoa	Calms all doshas	GF**sweet, ast/cool/sweet, grounds
Rice, bran	Calms V, inc. P & K	GF, sweet/hot/sweet, heavy
Rice flour, brown	Calms V, inc. P & K	GF, sweet/hot/sweet, heavy
Rice flour, white	Calms V & P, inc. K	GF, sweet/cool/sweet, soft
Rye	Inc. V & P, calms K	G, astringent/hot/pungt, dry, light
Sorghum	Calms V & P, inc. K	GF, sweet/cool/pungt, bitter, astr
Soy	Inc. V, calms P, inc. K	GF, ast, sour/cool/pungent
Spelt	Inc. v, calms P, inc. K	G, pungt, ast/hot/pungent, light, dry
# Tapioca	Inc. V, calms P & K	GF, ast, sweet/cool/sweet
Teff	Calms V & P, inc. K ***	GF, sweet/warm/sweet, heavy, dry
# Urud	Calms V, inc. P & K	GF, sweet.hot/sweet, heavy
Wheat, bran	Inc. V, calms P, inc K	G ** sweet/cool/sweet, rough, dry, light
Whole wheat flour	Calms V & P, inc. K	G **, sweet/cool/sweet, heavy
Wheat, white flour	Calms V & P, inc.++ K	G **, sweet/cool/sweet, heavy

KEY

= Not a grain at all G= gluten GF = gluten free

* Some strains of oats are being raised GF. if you blend/grind up your own flour from GF oats, then oat flour can be GF.

** If well-tolerated.

*** JoyfulBelly.com says the opposite, calms K, inc. V & P

Expanded from *Ayurvedic Cooking for Westerners*, Morningstar, p. 180 with additions from *Ayurvedic Cooking for Self-Healing*, the Lads, appendix