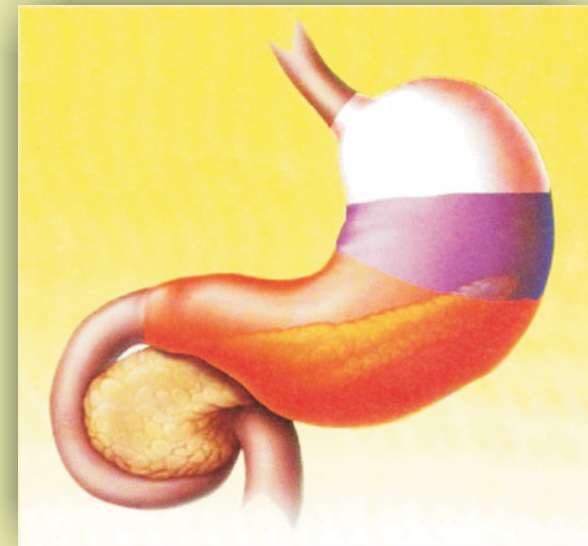


# RULES OF EATING



Further information can be obtained from :

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CENTRAL COUNCIL FOR RESEARCH IN AYURVEDIC SCIENCES  
Ministry of AYUSH  
(Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy)  
Government of India

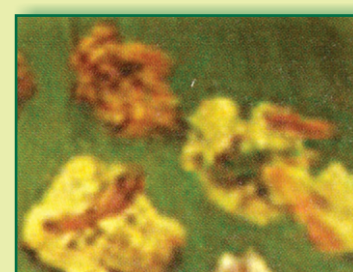
## RULES OF EATING

- ★ One Should eat alone or in friendly environment.
- ★ While eating keep negative mental factors (anger, jealousy, fear, greed etc.) away.
- ★ Half of the stomach should be filled with solid food, one quarter by liquids and remaining quarter should be empty for air etc.
- ★ Ideal pattern is to drink water in between taking of meals. However obese should take before meal, lean should take after food.



### DOs

- ✓ The food should be tasty & easy to digest.
- ✓ It should be eaten in proper amount.
- ✓ Food should be warm and unctuous.
- ✓ Only fresh food should be eaten.
- ✓ It should include all the six tastes (sweet, sour, salt, astringent, bitter, pungent).
- ✓ It is best to enjoy food while eating.
- ✓ One should eat comfortably in sitting posture in pleasant surroundings.
- ✓ One should take meals only when previous meal is digested.
- ✓ Ayurveda has intensively mentioned the property of food items, methods of preparation and their usage in health & diseases.



### Don'ts

- ✗ Eating should not be in a hurry
- ✗ It should not be very slow either
- ✗ One should not talk or laugh while eating
- ✗ Too much of any one of the six tastes should be avoided
- ✗ Food articles having contradictory properties like milk-fish together should not be taken