**Write short notes on Sattvic Food**

Foods that nourish the body and provide peace of mind, slow down the mind and relieve restlessness are called sattvic food. Usually, a sattvic diet is more alkaline. It has a less acidic content. A sattvic diet includes foods that are light and healthy. In Ayurvedic practice, sattvic foods are thought to increase energy, happiness, calmness, and mental clarity. In practice, that means eating things that are vegetarian, nutritious, fresh, and tasty. Sattvic foods are ripe, raw, or lightly cooked and freshly prepared. Foods that are stale or not prepared properly are not sattvic. The sattvic diet is high in nutrient-rich plant foods and low in processed and fried foods. Sattvic foods include: Sprouted whole grains, Whole grains, Fresh fruit, Land and sea vegetables, Pure fruit juices, Nut and seed milk, Cheese, Legumes ,Nuts ,Seeds, Sprouted seeds, Honey etc.

**What Are the Three Types of Foods in Yogic Diet**

In the teachings of traditional yoga, foods are classified into three categories: sattva, rajas, and tamas. These are called gunas and represent the three qualities that are present in everything, including food.

**Sattva**. This is the highest guna or quality, representing balance and harmony. This is the ideal state.

**Rajas.** This guna or quality represents activity and movement. Too much rajas leads to stress, overstimulation, and overexcitement.

**Tama**s. This is the base guna or quality. It's associated with pessimism, weakness, and laziness.

When following a "yoga diet," also called a yogic diet, one should typically eat more sattvic foods.