Diet as described by Bhagwad Geeta Chapter 17

The three kinds—the sattwik, the rajasik and tamsik—of food, of worship, austerity, and of gift are discussed in following stanzas

1. Food:

The food also which is dear to each is three fold, as also sacrifice, austerity (tapasya, aatmangaam, katraata) and aims-giving. Hear thou distinction

The foods which increases life, purity, strength, health, joy and cheerfulness (good appetite), which are savory and oleaginous (rich in, covered with, or producing oil; oily.), substantial and agreeable are dear to the Sattvik (pure).

Explanation: In describing the peculiar taste for foods in good men of spiritual urge (sattwa), it is said that they like only such diet which increases the vitality(Ayush), and not sheer bulk; which discovers for him as secret strength(bala) to resist the temptations for sense objects; which provides health (arogya) so that he may not too fall ill and suffer a break in regular sadhna. no doubt, food has certain effects upon the eater.
The foods that are bitter (कड़वा, ड्रेपूण, पीड़ाकर), sour (कटु, खट्टा, अतिप्रेरण), saline (बारा, नमकीन), excessively hot, pungent (तीखा), dry and burning, are liked by Rajasik and productive of pain, grief and disease Bhagvad Geeta chapter 17, stanza 9

Explanation: Men of energy, the passionate, desire such food that have strong flavour and dense taste. Such a diet, no doubt, creates in all individual, brilliant energies but in their wilderness, they are, to a degree, uncontrollable and, therefore, in their final reactions, they lead the eater towards a life productive of pain, grief and disease.

Type of food men of darkness (Tamasik) choose?

瑜伽याम्य गतरसं पूतिः परुषितं च यत्।
उच्चिष्ट्यमपि चाचेन्द्रं भोजनं तामसियम् ॥ १७-१०॥
That which are stale (बासी, सीण), tasteless, putrid (मड़ा हुआ, दुर्गन्धित) and rotten (मड़ा हुआ), refuse (कचरा, जूठन) and impure, is the food liked by the Tamasik, Bhagvad Geeta 17-10

Explanation: Insanitary and unclean food seems to attract the taste of of all despicable men of insufferable ignorance
and low culture, food that is not fit for human consumption