

Please include the following foods under each heading pertaining to your condition as recommended by your Doctor of Traditional Chinese Medicine

Qi Stagnation:

onion	cardamom	ginger	taro root
mustard greens	marjoram	horseradish	sweet rice
turmeric	cumin	rosemary	strawberry
basil	fennel	mint	peach
bay leaf	dill	beets	cherry
chestnut	pine nuts	cabbage	kohlrabi
cauliflower	broccoli	brussels sprouts	coconut milk
garlic	leek	litchi	scallion
saffron			

Excess Heat:

apple	lettuce	summer squash	tempeh
banana	radish	bok choy	mung bean
pear	cucumber	broccoli	alfalfa sprouts
persimmon	celery	cauliflower	millet
cantaloupe	button mushroom	sweet corn	barley
watermelon	swiss chard	zucchini	wheat products
tomato	eggplant	soy milk	amaranth
all citrus	spinach	tofu	seaweed
yoghurt	crab	clams	watercress

Foods to Tonify Yin & Counteract dryness:

millet	tofu	grapes	water chestnut
barley	black beans	blackberry	blueberry
rice	kidney beans	raspberry	potato
quinoa	mung beans	banana	black sesame seeds
amaranth	beets	watermelon	sardines
seaweeds	string beans	pear	crab
clam	eggs	cheese	asparagus root
bamboo shoots	butter	cucumbers	apples
mangos	pineapple	plums	tomato
honey	peaches	peanut oil	sesame oil

Qi Deficiency:

oats	black beans	halibut	tuna
spelt	peas	chicken	garbanzo beans
winter squash	sweet potato	turkey	mackerel
carrot	yam	butter	rutabaga

parsnip pumpkin leek well cooked rice

* In general, a diet incorporating grains, root vegetables, beans and lightly cooked unprocessed and unrefined foods assists in correcting most deficient and weak disorders.

Dampness:

rye	celery	alfalfa	raw honey
amaranth	lettuce	turnip	radishes
corn	pumpkin	kohlrabi	taro root
adzuki beans	scallion	white pepper	barley
string beans			

Foods to Counteract Coldness:

glutinous rice	onions	mustard greens	shrimp
warm spices	garlic	anchovies	sweet potato
brown sugar	peaches	vinegar	strawberries
butter	pine nuts	walnuts	trout
chicken			

Blood Deficiency:

To build and enrich the blood through nutrition, there are two general approaches: increase the digestive absorption of nutrients, and add those specific nutrients which generate healthy blood. To encourage absorption, use foods from the Qi deficiency and reducing dampness group. The most important nutrients needed to restore blood deficiencies are:

Iron: most vegetables, legumes, grains, nuts and seeds, especially, alfalfa, broccoli, cherries, garbanzo beans, kale, parsley, beets and the various seaweeds.

Vitamin B-12: all animal products (incl. dairy and seafood), various seaweeds, various micro-algae (spirulina & chlorella), nutritional yeast and various fermented foods such as, miso, tempeh, tofu and yoghurt.

Folic Acid: leafy greens, sprouts, micro-algae and most chlorophyll rich foods. Since Folic acid is easily lost in prolonged cooking, eating raw or lightly steamed greens and sprouts should ensure ample amounts of folic acid in the diet.

Protein: legumes (the highest being: soy, lentils, adzuki beans and peas), grains (quinoa, amaranth, spelt, oats, buckwheat, millet, etc.), nuts and seeds (esp. sunflower, sesame, almonds and filberts), fermented foods (tempeh, tofu, miso, sourdough bread), micro-algae (chlorella, spirulina), dairy products, fish, meat and eggs.

* The various micro-algae products are the richest whole food sources of protein, provitamin A and chlorophyll.