

# Nourishing Yin

## GENERAL GUIDELINES:

- Avoid foods that stimulate energy use
- Consume cooling foods and dairy products
- More sweet, sour and salty foods
- Less pungent and bitter foods

### Grains

Barley

Spelt

### Vegetables

Alfalfa Sprouts

Artichoke

Asparagus

Kelp

Mungbean Sprout

Nori

Plantain

Potato

Seaweed

String Bean

Sweet Potato

Tomato

Water chestnut

Yam

### Fruit

Apple

Apricot

Avocado

Banana

Lemon/Lime

Mango

Mulberry

Pear

Persimmon

Pineapple

Pomegranate

Watermelon

### Beans

Aduki

Black bean

Kidney bean

Lima bean

Mung bean

Soybean (black)

Tofu

### Nuts and Seeds

Coconut milk

Pine kernel

Sesame (black)

Sesame (white)

Walnut

### Fish

Abalone

Clam (freshwater)

Clam (saltwater)

Crab

Cuttlefish

Octopus

Oyster

Shark

### Meat

Beef

Duck

Goose

Kidney (pork)

Pigeon

Pork

Rabbit

### Dairy

Cheese

Egg (chicken)

Egg yolk (chicken)

Egg (duck)

Milk (cow)

### Herbs and Spices

Marjoram

Nettle

### Oil & Condiments

Nil

### Beverages

Nil

### Common Supplements:

Ginseng (American)

Royal Jelly



# Warming Yang

## GENERAL GUIDELINES:

- Need lots of fresh air and relaxation
- Avoid microwave cooking, cold foods, and liquids, and processed foods
- Use foods that release energy slowly
- Eat fresh organic foods
- Avoid extreme cold or hot foods

### Grains

Quinoa

### Vegetables

Nil

### Fruit

Cassio Fruit

Raspberry

### Beans

Nil

### Nuts and Seeds

Chestnut

Pistachio

Walnut

### Fish

Anchovy

Lobster

Mussel

Shrimp/ prawn

### Meat:

Kidney (beef)

Kidney (sheep)

Lamb

### Dairy

Nil



### Herbs and Spices

Basil

Cayenne

Chive seed

Cinnamon bark

Clove

Fennel seed

Fenugreek seed

Garlic

Ginger (dry)

Horseradish

Nutmeg

Rosemary

Savory

Jasmine

Star Anise

### Oils & Condiments

Nil

# Nourishing Blood



## GENERAL GUIDELINES:

- Rest, particularly in afternoon
- Avoid fatty, sweet or salty foods
- Diet rich in fresh vegetables, green leafy vegetables, grains, beans, meats and seafood
- Use red meats and seafood especially with the shell
- More pungent foods
- Less sour, sweet and bitter foods

## Grains

Barley  
Corn  
Job's Tears  
Oats  
Rice  
Sweet Rice  
Wheat Bran

## Vegetables

Alfalfa Sprouts  
Artichoke  
Beetroot  
Dandelion Leaf  
Kelp  
Spinach  
Watercress

## Fruit

Apricot  
Avocado  
Date  
Fig  
Grape  
Longan  
Mulberry

## Beans

Aduki  
Black bean  
Kidney Bean

## Fish

Cuttlefish  
Octopus  
Oyster

## Meat

Beef  
Liver (beef)  
Liver (sheep)  
Pork

## Dairy

Egg (chicken)  
Egg yolk (chicken)

## Herbs and Spices

Nettle

## Oils & Condiments

Amasake  
Molasses

## Beverages

Soya milk

## Common Supplements

Algae  
Dongui  
Pollen

# Supplementing Qi



## GENERAL GUIDELINES:

- Need lots of fresh air and relaxation
- Avoid microwave cooking, cold foods, and liquids, and processed foods
- Use foods that release energy slowly
- Eat fresh organic foods
- Avoid extreme cold or hot foods

## Grains

Corn  
Job's tears  
Oats  
Rice  
Sweet rice  
Wheat bran

## Vegetables

Potatoes  
Shiitake Mushroom  
Squash  
Sweet Potatoes  
Yam

## Fruit

Cherry  
Coconut  
Fig  
Grape  
Logan

## Beans

Tofu

## Nuts and Seeds

Walnut

## Fish

Eel  
Frog  
Herring  
Mackerel  
Mussel  
Octopus  
Oyster  
Sturgeon  
Trout

## Meat

Beef  
Chicken  
Goose  
Ham  
Liver (chicken)  
Mutton  
Pheasant  
Pigeon  
Quail  
Rabbit

## Dairy

Nil

## Herbs and Spices

Bay  
Liquorice

## Oils & Condiments

Molasses

## Beverages

Nil

# Counteracts Damp

## GENERAL GUIDELINES:

- Avoid raw and cold foods
- Avoid sweet, dairy and rich foods
- Use diuretic foods, grains and beans
- Include seafood's especially shell fish
- Eat more well cooked and spicy foods
- Eat less sweet, sour and bitter foods

## Grains

Amaranth  
Buckwheat  
Corn  
Jobs Tears  
Rye  
Sorghum

## Vegetables

Alfalfa Sprout  
Asparagus  
Bamboo Shoot  
Caper  
Chinese cabbage  
Celery  
Daikon (Mooli)  
Kohirabi  
Lettuce  
Onion  
Pumpkin  
Radish  
Scallion  
Turnip  
White fungus

## Fruit

Blue/bilberry  
Cranberry  
Papaya

## Beans

Aduki  
Kidney bean  
Lentil

## Nuts & Seeds

Nil



## Fish

Anchovy  
Eel  
Mackerel

## Meat

Quail

## Dairy

Nil

## Herbs & spices

Aniseed  
Cinnamon Bark  
Horseradish  
Nettle  
Pepper (black)  
Pepper (white)  
Tamarind

## Oils & Condiments

Nil

## Beverages

Raspberry leaf

## Common Supplements

Nil

# Counteracts Heat

## GENERAL GUIDELINES:

- Avoid hot and spicy foods
- Eat more raw and cooling foods

### Grains

Barley  
Buckwheat  
Job's Tears  
Millet  
Wheat  
Wheat Bran  
Wheat Germ

### Vegetables

Asparagus  
Aubergine  
Bamboo shoot  
Cabbage  
Celery  
Chinese cabbage  
Cucumber  
Dandelion leaf  
Lettuce  
Mungbean sprout  
Nori  
Plantain  
Potato  
Seaweed  
Swiss chard  
Turnip  
Water chestnut

### Fruit

Apple  
Banana  
Blue/bilberry  
Cranberry  
Fig  
Grapefruit  
Lemon/lime  
Mango  
Pear  
Persimmon  
Pineapple  
Plum  
Rhubarb  
Watermelon

### Beans

Kidney bean  
Mung bean  
Soybean (yellow)  
Tofu

### Nuts & Seeds

Nil

### Fish

Abalone  
Clam (freshwater)  
Clam (saltwater)  
Crab  
Frog  
Octopus

### Meat

Quail

### Dairy

Egg white (chicken)

### Herbs & Spices

Licorice  
Purslane  
Tamarind

### Oils & Condiments

Sesame oil  
Agar  
Kuzu  
Salt

### Beverages

Chrysanthemum  
Dandelion root  
Elderflower  
Lime flower

### Common Supplements

Kelp



# Counteracts Cold

## GENERAL GUIDELINES:

- Avoid cold and raw foods
- Use more warm, spicy, pungent foods
- Avoid sour, salty and bitter foods



## Grains

Sorghum

## Vegetables

Caper  
Kohlrabi  
Leek  
Mustard Leaf  
Onion  
Scallion  
Squash  
Sweet potatoes  
Turnip

## Fruit

Cherry  
Longan  
Lychee  
Papaya

## Beans

Nil

## Nuts & Seeds

Coconut milk  
Pine kernel  
Walnut

## Fish

Anchovy  
Mussel  
Shrimp/prawn  
Trout

## Meat

Chicken  
Kidney (sheep)  
Mutton

## Dairy

Butter

## Herbs & Spices

Basil  
Bay  
Cayenne  
Chili  
Chive seed  
Cinnamon bark  
Clove  
Coriander seed  
Dill seed  
Fennel seed  
Ginger (dry)  
Ginger (fresh)  
Juniper  
Nutmeg  
Pepper (black)  
Rosemary  
Savory

## Oils & Condiments

Soya oil  
Amasake  
Malt sugar  
Vinegar

## Beverages

Jasmine  
Wine

## Common Supplements

Nil

# Resolves Phlegm

- Avoid cold and raw foods
- Avoid dairy products
- Use warm, spicy and pungent foods
- Eat less sweet, sour and bitter foods



## Grains

Nil

## Vegetables

Daikon (Mooli)  
Mushroom (button)  
Mustard leaf  
Nori  
Plantain  
Radish  
Seaweed  
Shiitake mushroom  
Water chestnut  
Watercress

## Fruit

Grapefruit  
Pear

## Beans

Nil

## Nuts & Seeds

Almond  
Walnut

## Fish

Clam (saltwater)  
Crab  
Lobster  
Shrimp/prawn

## Meat

Nil

## Dairy

Nil

## Herbs & Spices

Basil  
Caraway  
Cardamom  
Fennel seed  
Garlic  
Ginger (fresh)  
Horseradish  
Juniper  
Licorice  
Mustard  
Pepper (black)  
Pepper (white)  
Rosemary  
Savory  
Thyme

## Oil & Condiments

Salt

## Beverages

Elderflower  
Jasmine  
Peppermint  
Soya milk  
Tea

## Common Supplements

Kelp



# Promotes Qi Circulation



## GENERAL GUIDELINES:

- Don't overeat
- Avoid heavy foods, sugar and stimulantes
- Chew your foods thoroughly
- Use more pungent foods

## Grains

Oats

## Vegetables

Artichoke  
Carrot  
Mushroom (button)  
Radish  
Squash  
Watercress

## Fruit

Grapefruit  
Lemon/lime  
Peach  
Tangerine

## Beans

Nil

## Nuts & Seeds

Nil

## Fish

Nil

## Meat

Kidney (sheep)

## Dairy

Nil

## Herbs & Spices

Aniseed  
Basil  
Caraway  
Cardamom  
Cayenne  
Chive leaf  
Cinnamon bark  
Clove  
Dill seed  
Fennel seed  
Hawthorn  
Horseradish  
Juniper  
Marjoram  
Mustard  
Nutmeg  
Pepper (black)  
Saffron  
Savory  
Thyme  
Turmeric

## Oils & Condiments

Nil

## Beverages

Chamomile  
Jasmine  
Lime flower  
Peppermint  
Star anise  
Wine

## Common supplements

Nil

# Promotes Blood Circulation

## GENERAL GUIDELINES:

- Avoid fatty, sweet and salty foods
- Diet rich in vegetables, meats and seafood's

### Grains

Wheat germ

### Vegetables

Aubergine  
Caper  
Coriander leaf  
Kohlrabi  
Leek  
Mustard leaf  
Onion  
Pepper  
Scallion  
Turnip

### Fruit

Cherry  
Lemon/lime  
Longan  
Lychee  
Peach  
Rhubarb

### Beans

Nil

### Nuts & Seeds

Chestnut  
Pine kernel

### Fish

Crab  
Mussel  
Shrimp/prawn

### Meat

Chicken  
Kidney (sheep)  
Liver (chicken)

### Herbs & Spices

Bay  
Cayenne  
Chili  
Chive leaf  
Ginger (dry)  
Hawthorn  
Nutmeg  
Purslane  
Turmeric

### Oils & Condiments

Soya oil  
Amasake  
Malt sugar  
Vinegar

### Beverages

Wine

### Common supplements

Nil



# Drains Water



## Grains

Barley  
Corn  
Job's Tears  
Rye

## Vegetables

Alfalfa sprout  
Artichoke  
Bamboo shoot  
Celery  
Chicory  
Chinese cabbage  
Dandelion leaf  
Kelp  
Lettuce  
Seaweed  
Watercress

## Fruit

Grape  
Watermelon

## Beans

Aduki  
Black bean  
Lentil  
Pea  
Soybean (black)

## Nuts & Seeds

Nil

## Fish

Anchovy  
Carp  
Frog  
Mackerel  
Sardine

## Meat

Nil

## Dairy

Nil

## Herbs & Spices

Fenugreek seed  
Horseradish  
Juniper  
Nettle

## Oil & Condiments

Nil

## Beverages

Dandelion root  
Elderflower  
Tea

## Common supplements

Kelp

# Removes Toxins

## Grains

Millet

## Vegetables

Alfalfa sprouts  
Artichoke  
Cucumber  
Kelp  
Mungbean sprout  
Mushroom (button)  
Olive  
Onion  
Radish  
Seaweed  
Swiss chard  
Turnip  
Watercress

## Fruit

Banana  
Blue/bilberry  
Fig  
Lemon/lime  
Rhubarb

## Beans

Aduki  
Tofu

## Nuts & Seeds

Nil

## Fish

Frog  
Herring

## Meat

Nil

## Dairy

Nil



## Herbs & Spices

Licorice  
Nettle  
Parsley  
Pepper (black)  
Purslane

## Oils & Condiments

Sesame oil  
Agar  
Honey  
Salt  
Vinegar

## Beverages

Chrysanthemum  
Tea

## Common Supplements

Algae