

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