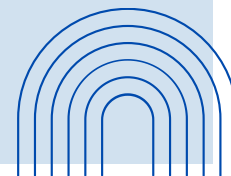


## TRADITIONAL CHINESE MEDICINE FOOD RECOMMENDATIONS



### **Cooling Foods**

- Bitter, sour, green, blue, white
- Green leafy vegetables, celery, sprouts
- Seeds: sesame, flax, pumpkin, hemp
- Fruits: pear, watermelon, melons, pomegranate, berries, cucumber, banana
- Legumes: mung bean
- Fish, shellfish, and seafoods
- Teas: mint, chrysanthemum, flower

### **Warming Foods**

- Sweet, spicy, red, orange
- Root vegetables
- Nuts
- Spices: ginger, black pepper, cinnamon, turmeric, garlic
- Fruits: stone fruits, cherry, dates, mango
- Poultry, duck, lamb, beef
- Teas: ginger, cinnamon

### **Moisten Dryness**

- Fruit: pear, berries, goji berries, melon
- Legume: soybeans/tofu
- Seeds: sesame, flaxseed, hemp, pumpkin
- Snow fungus, wood ear
- Aloe
- Drinks: coconut water, honey

### **Resolve Dampness**

- Spices: nutmeg
- Grains: coix seed, millet, barley, buckwheat, quinoa
- Legumes: mung bean, adzuki beans
- Vegetables: cabbage, bean sprouts, bamboo shoots, seaweed

### **Qi Tonic**

- Whole grains: millet, oats, brown rice
- Chicken
- Root vegetables: sweet potato, carrots, beets, taro, Chinese yam
- Mung beans, adzuki beans
- Pumpkin, squashes
- Napa cabbage
- Fruits: pear, watermelon, honeydew, papaya, jujube dates
- Liquids: barley/buckwheat tea, bone broth

### **Blood Tonic**

- Protein: beef, lamb, salmon, liver, eggs
- Beans and legumes: Adzuki, kidney beans
- Seeds: black sesame, pine nut, walnut, chestnut
- Vegetables: collard greens, chives, beets, spinach, wheatgrass, spirulina, eggplant
- Fruit: cherry, goji berries, dates, figs, strawberries
- Bone broth
- Tea: nettles

**Fire Element**

- Protein: eggs, lamb, beef, liver
- Vegetables: beets, chard
- Fruit: mulberry, jujube dates, longan, grapes, watermelon
- Lentils: kidney beans, chickpea, sesame
- Nuts: walnuts, pine nuts, almonds
- Spices: cinnamon
- Liquid: bone broth
- Teas: goji berry/ujube, longan, cinnamon

**Earth Element**

- Protein: chicken
- Root vegetables: sweet potato, carrots, beets, taro, Chinese yam, pumpkin, squashes
- Fruits: jujube dates
- Whole grains: millet, oats, brown rice
- Legumes: Adzuki beans and mung beans
- Liquid: bone broth
- Teas: barley or buckwheat tea

**Metal Element**

- Vegetables: mountain yam, radish, daikon, lotus root, Napa cabbage
- Fruit: apple, pear, banana, coconut
- Grain: millet, buckwheat
- Nuts: almond, walnut
- Spices: onion, scallion, garlic, ginger, star anise
- Liquids: bone broth, soy milk, almond milk
- Teas: ginger, dried pear

**Water Element**

- Protein: duck, squid, lamb, venison, shellfish
- Vegetables: dark leafy greens, mushrooms, seaweed, kombu
- Fruit: blackberry, mulberry, cherry, cranberry
- Grain/legume: black rice, black kidney bean
- Seeds: black sesame
- Spice: cinnamon, star anise
- Liquid: bone broth, royal jelly
- Teas: black sesame, mulberry

**Wood Element**

- Protein: shellfish
- Vegetables: dark leafy greens, dandelion, celery, sprouts
- Fruit: mango, pineapple, plum, lemon, lime, goji berries
- Legumes: mung bean
- Spices: garlic, green onion, cilantro
- Teas: chrysanthemum, rose

