

General Guidelines for Diet/Foods according to TCM

1. use rice, oats, buckwheat as main grains
2. small portions of meat (chicken, turkey), fish (e.g. salmon, trout, tuna, white fish) and seafoods (e.g. mussels).
3. eat foods of various colors and tastes
 - a. whole fruits (e.g. apples, apricots, cherries, grapes, blackberries, blueberries, pineapples, lemons, bananas, peaches, plums)
 - b. vegetables, preferably lightly cooked e.g. green (mustard green, kale, Swiss chard, spinach), white (mushrooms, cauliflower), yellow (peppers, corn, potatoes), red (beets, red pepper), orange (carrots, pumpkins, sweet potatoes)
 - c. beans (e.g. black beans, soybeans, lentils)
 - d. nuts and seeds (walnuts, black sesame seeds)
4. use small amounts but a variety of spices e.g. ginger, garlic, white/black pepper, rosemary, basil.
5. Avoid sweets (including concentrated fruit juices), sugars, alcohol, caffeine
6. do not eat cold, raw food or drink cold fluids
7. avoid processed foods and refined flour.
8. Do not overeat, do eat frequent but small meals/snacks.

RECOMMENDED FOOD INGREDIENTS for TCM DIAGNOSIS

Qi Deficiency

<i>Grains</i>	rice or barley (as broth), oats, spelt, sweet rice, quinoa, wheat bran
<i>Nuts/seed</i>	sunflower seeds, sesame seeds, pine nuts, almond, coconut meat
<i>Legumes</i>	adzuki beans, black beans, tofu, string bean, soybean, garbanzo beans, peas
<i>Vegetables</i>	leeks, carrots, squash, parsnip, turnip, potato, sweet potato, yam, pumpkin, onion, leafy vegetables, asparagus, mushrooms, cabbage, eggplant
<i>Fruits</i>	(cooked) cherry, Chinese red date, peach, strawberries, figs, apple
<i>Spices/herb</i>	black pepper, ginger, cinnamon, cardamoms, fennel, garlic, nutmeg, parsley, small amounts of sweeteners (honey, molasses, maple syrup, rice syrup, brown sugar, licorice)
<i>Meat/seafood</i>	fish (mackerel, tuna, halibut), beef, chicken, turkey, lamb, preferably in a soup or congee. mussels, shrimp
<i>Other</i>	eggs, small amounts of butter

Examples of every day western foods that can be used to build qi

- Oat porridge with dates and honey
- Roasted sweet potatoes with pumpkin and yams
- Chicken stir fry with shiitake mushrooms and rice
- Shepherds pie with beef or lamb mince, mushrooms, carrots and mashed potato as a topping

- Tuna fish pie made with hard-boiled eggs and served with mashed potatoes peas and corn.
- Stir fired Tofu, eggplant and mushrooms with black sesame seeds on rice
- Home made oat/muesli slice with honey and dates

Yang Deficiency

<i>Grains</i>	Rice, sweet rice, brown rice, oats, spelt, quinoa, buckwheat and rye.
<i>Nuts/Seeds</i>	Sunflower seeds, sesame seeds, peanuts, chestnuts, pine nuts, small amounts of walnuts
<i>Legumes</i>	Black beans
<i>Vegetables</i>	Chinese yam, Chinese cabbage, parsnip, corn, winter squash, sweet potato, kale, mustard greens, carrots, pumpkin, onion family (garlic, onions, chives, scallions, leeks), green and red pepper
<i>Fruits</i>	Lychee, cherry, dates and raisins, raspberry, peach, strawberry
<i>Spices/herbs</i>	fennel, dill, anise, caraway, cumin, cinnamon, chives, garlic, ginger, scallions, cloves, basil, rosemary, and parsley, sage, turmeric, thyme, horseradish, nutmeg, small amounts of hot pepper, citrus peel, white pepper
<i>Meat/seafood</i>	Chicken, beef, lamb, shrimp, mussels, fish (e.g., trout, salmon).

Examples of every day western foods that can be used to build yang

- Mussels cooked with a little garlic
- Roast chicken with sage and thyme
- Roasted vegetables with and rosemary
- Rice porridge with cinnamon, nutmeg and a little brown sugar
- Leek and potato soup with black pepper
- Or by adding any of the many spices as listed above to dishes when cooking.

Blood Deficiency

<i>Grains</i>	easily digestible grains, sweet rice, barley, corn, oats, rice, wheat, bran
<i>Nuts/seeds</i>	almond, back sesame seeds
<i>Legume</i>	black beans, green beans, soy milk
<i>Vegetables</i>	Cooked leafy greens, eg. spinach, orange and yellow vegetables; beets
<i>Fruits</i>	Cherries, grapes and raspberries, apple, apricots, avocado, date, fig, mulberry
<i>Spices/herbs</i>	parsley, molasses
<i>Meat/seafood</i>	small portions of beef, chicken, meat and marrow, broths and soups, oysters, mussels, sardines, tuna
<i>Other</i>	eggs

Examples of every day western foods that can be used to build Blood include

- Rice porridges with Soya milk, apricots and almonds
- Dark leafy green salads with avocado and grated beetroot
- Warm chicken salad with artichoke and grapes
- Scrambled Eggs with parsley
- Mussel Chowder with calamari
- Snacks of dried apricots and almonds
- Kidney bean and mushroom lasagne with a spinach salad
- Any red meat dish (small amounts)

Yin Deficiency

<i>Grain</i>	millet, barley, wheat germ, wheat, rice
<i>Nuts/Seeds</i>	black sesame seeds, walnuts, coconut milk
<i>Legumes</i>	tofu, black beans, kidney beans, black or yellow soy beans, adzuki beans, mung beans and their sprouts, string beans, peas
<i>Vegetables</i>	beets, potatoes, sweet potato, yam, asparagus, artichoke, lettuce, cucumber, spinach, tomato, radish and mushroom, Napa cabbage, winter squash, water chestnut, alfalfa, zucchini
<i>Fruits</i>	Persimmon, grapes, blackberries, raspberries, mulberries, watermelon, plums, pears, strawberries, blueberries, lemons and pineapple, kiwi and banana, avocado, apple, pomegranate, peach, apricot, apple, coconut, red and black dates, mango
<i>Spices/herbs</i>	honey, maltose, licorice, marjoram
<i>Meat/seafoods</i>	Crab, clam, mussels, fatty fish, sardines, sea cucumber, beef, abalone, oyster, duck, ham and pork.
<i>Other:</i>	Eggs, dairy products (yogurt, cheese), seaweeds, kelp

Examples of every day western foods that can be used to build yin

- Fruit smoothies with honey and banana
- Fruit salad made with the fruits listed above
- Fish dishes with coconut milk
- Omelettes with cheese
- Asparagus and egg salads with sesame seeds
- Tacos made with Kidney beans and topped with a small amount of cheese
- Baked Potato stuffed with tofu with soya sauce and sesame seeds.
- Pork and apple dishes
- Miso soup with tofu and seaweed

Liver Qi Stagnation

<i>Grains</i>	sweet rice, amaranth, quinoa, rye, millet
<i>Nuts/seeds</i>	chestnut, pine nuts, lotus seeds, black sesame seeds
<i>Legumes</i>	mung beans, tofu,
<i>Spices/herbs</i>	turmeric, oregano, chives, basil, bay leaf, cardamom, marjoram, cumin, fennel, dill, ginger, black pepper, horseradish, rosemary, various mints, scallions, saffron, parsley, Safflower, garlic, star anise (small amts of hot spices), vinegars (unrefined apple-cider, brown-rice, rice wine or other quality vinegars), citrus peel
<i>Vegetables</i>	beet, taro roots, cabbage, turnip root, cauliflower, broccoli and brussel sprouts, celery, lettuce, cucumber, daikon, spinach, swiss chard, kale, watercress, members of the onion family, mustard greens, mushrooms, asparagus, alfalfa, eggplant, leeks,
<i>Fruits</i>	Lemon, lime or grapefruit, strawberry, peach, cherry, plum, mulberries, tangerine, Chinese red dates
<i>Meat/seafoods</i>	Beef, chicken, mussels,
<i>Other</i>	seaweed (kelp), nori, coconut milk

Reduce liver wind:

Cold nature: celery, kuzu

Warm nature: basil, fennel, ginger (dried/fresh), anise, oats, pine nut, shrimp

Neutral: sage, black soybean, black sesame seed, coconut,

Blood Stagnation

<i>Grains</i>	sweet rice
<i>Nuts/seed</i>	chestnuts, walnuts, peanuts
<i>Legumes</i>	Black soybean, adzuki beans
<i>Vegetables</i>	leek, chives, onion, mustard leaf, eggplant, dark green leafy vegetables, brussel sprouts, beets, turnips, cauliflower, broccoli, cabbage, carrots, lotus root, spinach
<i>Fruits</i>	peaches, lemons, limes, grapes, raspberries
<i>Spice/herbs</i>	vinegar, turmeric, chives, garlic, basil, scallion, ginger, rosemary, cayenne, nutmeg, white pepper, spearmint, brown sugar, cinnamon, safflower, saffron
<i>Meat/seafoods</i>	crab, whitefish, squid
<i>Other</i>	wine, butter, wood ear (black fungus), seaweeds

Damp/Phlegm accumulation

<i>Grains</i>	brown rice, barley, amaranth, rye, oats, jasmine, and basmati rice
<i>Nuts/Seeds</i>	sesame seeds, pumpkin seeds, sunflower seeds, chestnuts
<i>Legumes</i>	kidney beans, adzuki beans, lentils
<i>Vegetables</i>	lightly cooked vegetables, corn, celery, lettuce, watercress, turnip, pumpkin, alfalfa sprouts, button mushrooms, radish, asparagus, mustard greens, scallions, Chinese cabbage
<i>Fruits</i>	whole fruits, lemon, papaya, pear
<i>Spice/herbs</i>	white pepper, vinegar, chamomile, garlic, caper, marjoram, horseradish (to strengthen spleen: cardamom, black pepper, ginger, cinnamon, nutmeg)
<i>Meat/seafoods</i>	poultry (chicken, turkey) and fish, tuna, shrimp, mackerel
<i>Other</i>	seaweed, kelp, green tea, jasmine tea, raspberry leaf tea

Excess Heat/Damp Heat

<i>Grains</i>	Rice, amaranth, barley, buckwheat, millet, wheat
<i>Legumes</i>	Adzuki beans, lima beans, mung beans, black beans, peas, tofu, soy beans
<i>Vegetables</i>	celery, carrots, winter squash, potatoes with skins, asparagus, mushrooms, corn, spinach, watercress, bamboo shoots, winter melon, cucumber, lettuce, cabbage, Chinese cabbage, turnip
<i>Fruits</i>	Lemon (diluted juice), cranberry juice, huckleberries, bananas, pears and watermelon, cranberries, blueberries, fig, grapefruit, mango, persimmon, pineapple, plum
<i>Spices/herbs</i>	licorice, tamarind
<i>Meat/seafoods</i>	duck, abalone, crab, clam
<i>Other</i>	seaweeds, kelp

Examples of beverages and receipies that can be used to eliminate heat

- Water with freshly squeezed lemon juice
- Herbal teas such as peppermint or chrysanthemum
- Fruit salads with any of the above fruits.
- Lettuce salads with cucumber tomato and mung beansprouts
- Soft Tofu blended with fruits as a dessert
- Agar fruit jellies with mango
- Mixed bean salads with kidney beans
- Vegetable juices such as celery
- Fruit juices such as apple, pear and grapefruit juice

Excess Cold

<i>Grains</i>	oatmeal, quinoa, buckwheat, sweet rice
<i>Nuts/seeds</i>	chestnut, coconut milk, walnuts
<i>Vegetables</i>	root veggies, baked winter squash, onions, and mustard greens.
<i>Fruits</i>	cherries, lychee, peach
<i>Spices/herbs</i>	cinnamon, garlic, ginger, turmeric, pepper, basil, chili, chive, clove, fennel, nutmeg, rosemary
<i>Meat/seafoods</i>	lamb or beef dishes, dark poultry, meat-based soups and stews, eel, trout, and wild salmon.
<i>Other:</i>	eggs, butter, wine

Examples of every day western foods that can be used to eliminate true internal cold include;

- Chicken soup
- Potato and leek soup with bay leaves and black pepper
- Roasted winter vegetables with rosemary
- Mussels marinated and served hot with a chilli and garlic sauce
- Slowly cooked winter vegetable and or chicken casseroles with bay leaves, wine and warming spices as above
- Rice porridge with cinnamon and nutmeg

A useful home remedy for the start of a cold;

Take a thumb nail size slice of fresh ginger and the white section of two spring onion stalks. Bring to the boil and simmer for 10 minutes. Drink as a tea

Bibliography

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