

FOODS TO AVOID

(SP) Qi Deficiency

- sweets, sugar, seaweed, milk, chilled, iced or frozen foods or liquids, citrus fruits and citrus juices, tofu, cheese, salads, salt, millet,
- too many liquids with meals,
- raw foods, hard to digest food, undercooked grains, buckwheat, agar.

Qi/Yang def:

- excessive raw veg, fruits (esp citrus), sprouts, tomato, spinach, chard, tofu, millet, amaranth, seaweeds, salt;
- decrease sweet foods, liquids, and dairy products; and vinegar.
- Not too much nuts, seeds, and oils

Blood Deficiency

- Raw fruit and vegetables, cold liquids and ice.

Yin Deficiency

- Alcohol, cigarettes, caffeine, cigarettes, recreational drugs
- shrimp, excessive and poor quality meat.
- hot spicy foods
- sugar

Fluid dryness

- Raw fruits and vegetables, cold foods, caffeine, purgative herbs and medicines and alcohol.

Yang Deficiency

- Use fewer cooling foods and fruits and raw foods.
- cold food and liquids
- raw foods especially in the fall and winter
- damp producing foods as seen below

(Liver) Qi Stagnation

- Alcohol, coffee, excessive sour foods and drinks
- Greasy, fatty, oily foods
- Spicy, pungent, hot foods
- Overeating in general
- Heavy red meats in abundance
- Sugar and sweets

Blood Stagnation

- Duck, alcohol, fatty foods and sweets. If you are cold, avoid citrus fruits and tomatoes.

Damp/Phlegm accumulation

- Dairy products, eggs
- fruit juice especially conc orange and tomato juice
- processed foods, refined flour (esp wheat), pastry, pasta, breads
- cold raw foods, cold drinks
- energetically cold foods: Lettuce, celery, cucumber, watermelon, mung beans, buckwheat, seaweed, mango, millet, pears, persimmons, spinach, tomatoes, wheat, seaweed, tofu, cucumber, bananas, avocado
- refined sugar and sugar substitutes
- coffee, alcohol
- deep fried foods
- nuts and oils: peanuts and peanut butter
- use sour foods sparingly
- Duck, Pork, Shellfish, Clams, Mussels, Crabs, Sardines, Octopus, Red Meat
- dampening foods and drinking too many liquids with meals

Excess Heat/Damp Heat

- Refined sugar and other concentrated sweeteners, meat, greasy, oily foods, too much starch, and overeating.
- pepper, garlic, ginger, and onions

Excess Cold

- Salads, raw fruits, frozen desserts, pasta, white flour, and iced beverages