

Eastern Diet for Cool and Warm Bodies

Traditional Chinese medicine believes in the importance of the energy balance of our body's yin and yang. Yin is often associated with cold/cool, and yang is hot/warm. People can become more yin or yang depending on their age, the weather, diet, stressors, and lifestyle. In an Eastern diet, balancing the yin (cold/cool) and yang (hot/warm) energies is important in improving our health and well-being.

Symptoms of **warm** bodies include:




- Dry mouth
- Dark yellow urine; constipation
- Red tongue with yellow coating
- Warm, red & dry skin

*Individuals with **warm** bodies should avoid hot/warm foods, and eat more cold/cool foods.*

Symptoms of **cool** bodies include:

- Lack of thirst
- Frequent & clear urine; diarrhea
- Pale tongue with white coating
- Cold & pale skin

*Individuals with **cool** bodies should avoid cold/cool foods, and eat more hot/warm foods.*

Hot/Warm Foods	Neutral Foods	Cold/Cool Foods
<p>Fruits & Vegetables: Asparagus, bell peppers, cabbage, carrot, cherries, chinese chives, coconut, cilantro, durian, garlic, ginger, goji berries, hawthorn berry, longan, lychee, mango, pineapple, plums, pumpkin, raspberries, squash, leek, onions, scallion, shallot</p> <p>Proteins: Beef, chicken, freshwater fish, lamb, lentils, pine nuts, shrimp, turkey, walnuts</p> <p>Carbohydrates: Black beans, chesnuts, oats/oatmeal, sesame seeds, wheat bran</p> <p>Herbs/Spices/Other: Anise seed, Asian ginseng, basil, black pepper, chili pepper, cinnamon, coriander, dried citrus peels, rice vinegar</p>	<p>Fruits & Vegetables: Avocado, beets, brussel sprouts, cane shoots, carrots, chayote squash, ginkgo, grapes, lettuce, long beans, okra, papaya, radish, red dates, shiitake mushrooms, string beans, sweet potatoes, snap peas, taro, wood ear</p> <p>Proteins: Almonds, dairy products, hazelnuts, oysters, peanuts</p> <p>Carbohydrates: Azuki beans, brown rice, buckwheat, corn/corn meal, lotus seeds, peas, rice bran, rye, sunflower seeds, sweet potatoes</p> <p>Herbs/Spices/Other: Barley malt, black sesame seeds, chinese yams, honey, licorice root, rice malt</p>	<p>Fruits & Vegetables: Apple, bamboo shoots, bananas, bean sprouts, bitter melon, bok choy, broccoli, cantaloupe, celery, eggplant, cucumbers, grapefruit, kiwi, orange, napa cabbage, peach, pear, pea sprouts, persimmon, seaweed, snow peas, spinach, strawberries, tomatoes, water chestnuts, watercress, watermelon, winter melon, yam leaves, mustard greens</p> <p>Proteins: Eggs, clams, crab, pork, tofu, pumpkin seeds, winter melon seeds</p> <p>Carbohydrates: Barley, kidney beans, mung beans, potatoes, edamame, wheat, white rice</p> <p>Herbs/Spices/Other: American ginseng, chrysanthemum, honeysuckle</p>
		



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