

# YIN DEFICIENCY

The following list of dietary suggestions is based on Chinese medicine principles to aid in your treatment.

## **Beneficial Foods**

- |   |   |                                       |   |
|---|---|---------------------------------------|---|
| <input type="checkbox"/> almonds                | <input type="checkbox"/> coconut              | <input type="checkbox"/> mulberries   | <input type="checkbox"/> sardines           |
| <input type="checkbox"/> apple                  | <input type="checkbox"/> duck                 | <input type="checkbox"/> mung beans   | <input type="checkbox"/> spirulina          |
| <input type="checkbox"/> azuki beans            | <input type="checkbox"/> eggs                 | <input type="checkbox"/> mushrooms    | <input type="checkbox"/> squash             |
| <input type="checkbox"/> banana                 | <input type="checkbox"/> flaxseed oil         | <input type="checkbox"/> mussels      | <input type="checkbox"/> squid              |
| <input type="checkbox"/> barley                 | <input type="checkbox"/> kelp                 | <input type="checkbox"/> nuts & seeds | <input type="checkbox"/> string bean        |
| <input type="checkbox"/> beets                  | <input type="checkbox"/> mackerel             | <input type="checkbox"/> oat          | <input type="checkbox"/> sweet potato       |
| <input type="checkbox"/> black beans            | <input type="checkbox"/> mango                | <input type="checkbox"/> olive oil    | <input type="checkbox"/> tempeh             |
| <input type="checkbox"/> bone marrow            | <input type="checkbox"/> meats (high quality) | <input type="checkbox"/> oysters      | <input type="checkbox"/> tofu               |
| <input type="checkbox"/> butter                 | <input type="checkbox"/> melon                | <input type="checkbox"/> peanuts      | <input type="checkbox"/> wheat              |
| <input type="checkbox"/> cheese (small amounts) | <input type="checkbox"/> milk (small amounts) | <input type="checkbox"/> pork         | <input type="checkbox"/> wood ear mushrooms |
| <input type="checkbox"/> chicken                | <input type="checkbox"/> millet               | <input type="checkbox"/> potato       | <input type="checkbox"/> yogurt             |
| <input type="checkbox"/> clam                   |   | <input type="checkbox"/> rice         | <input type="checkbox"/> zucchini           |

### LUNG YIN

- |                                 |  |
|---------------------------------|--|
| <input type="checkbox"/> apple  | <input type="checkbox"/> pine nuts               |
| <input type="checkbox"/> banana | <input type="checkbox"/> pork                    |
| <input type="checkbox"/> butter | <input type="checkbox"/> seaweed                 |
| <input type="checkbox"/> cheese | <input type="checkbox"/> soy milk                |
| <input type="checkbox"/> fig    | <input type="checkbox"/> spirulina               |
| <input type="checkbox"/> kelp   | <input type="checkbox"/> strawberry              |
| <input type="checkbox"/> milk   | <input type="checkbox"/> string bean             |
| <input type="checkbox"/> oyster | <input type="checkbox"/> tempeh                  |
| <input type="checkbox"/> pawpaw | <input type="checkbox"/> tofu                    |
| <input type="checkbox"/> peach  | <input type="checkbox"/> tomato                  |
| <input type="checkbox"/> pear   | <input type="checkbox"/> white & black wood ears |

### STOMACH YIN

- apple
- asparagus
- banana
- barley
- butter
- lychee
- milk
- millet
- mung beans
- orange
- pineapple
- plum
- pomegranate
- slippery elm
- sweet potato
- tofu
- white wood ears

### KIDNEY YIN

- barley
- black beans
- black sesame seeds
- black soy beans
- black wood ears
- blackberries
- blueberries
- duck
- millet
- pork
- seaweed
- string beans
- tofu

## **Foods to Avoid**

- |          |        |            |
|----------|--------|------------|
| alcohol  | citrus | game birds |
| basil    | clove  | garlic     |
| chilies  | coffee | ginger     |
| cinnamon | curry  | lamb       |

leeks  
onion  
pickles  
prawn

shallots  
spices  
tea  
veal

vinegar  
wasabi

**Special Preparations:** use plenty of water in cooking; soups and stews

**Other Suggestions:** yogurt and butter if there is dryness, small amounts of cheese (cow or goat), avoid corticosteroids and NSAIDS

**Specific instructions from your intern:**