

TCM DIETARY SUGGESTIONS FOR BOOSTING SPLEEN QI (ENERGY)

PROACTIVE DIETARY MEASURES YOU CAN TAKE

- Eat food and drink fluids at room temperature or warmer
- Eat small to moderate size meals. Avoid eating until you feel over full
- Soak beans overnight in order to ease digestion
- Drink ginger tea or eat a slice of raw ginger 15 minutes before meals
- Incorporate bitter, pungent or aromatic foods and spices (see list below)
- Exercise regularly

FOODS TO INCORPORATE OR INCREASE

- Lightly cooked vegetables
- Whole grains (particularly brown rice, quinoa, Asian barley, amaranth, rye, oats)
- Legumes (Those easiest to digest include kidney beans, pinto beans, adzuki beans, and red lentils)
- Lean meat, poultry & fish in small quantities (3-4 oz. the size of a deck of cards).
- Small amount of whole fruits, lemon
- Sesame, pumpkin and sunflower seeds
- Tea (oolong, jasmine, raspberry leaf)
- Chicken broth
- Bitter, pungent, and aromatic spices: cloves, ginger, black pepper, cardamom, cinnamon, mustard and mustard greens, nutmeg, thyme, turmeric, basil, parsley, garlic, onions, shallots or scallions, horseradish, turnips, radish, cayenne pepper

FOODS TO LIMIT OR AVOID

- Cold and/or raw foods
- Refined sugar and sugar substitutes
- Dairy (particularly cheese, milk, and ice cream), though yogurt taken out of the fridge 10 min prior to eating is an exception
- Wheat (especially refined flour, pastry, pasta, and breads)
- Cold or iced drinks
- Nuts - 8-10 nuts is a serving (1 portion per day is okay)
- Tofu - best not to consume daily and not more than 1 cup at a serving
- Fatty meats such as bacon or duck
- Fruit juice
- Processed foods
- Coffee, alcohol
- Deep fried foods or oil in large quantities
- Peanuts and peanut butter
- Bananas, avocado