

# FOODS FOR YOUR LUNG

- *Wind Heat*

FOODS TO EAT: watercress, cantaloupe, apple, persimmon, peach, pear, strawberry, citrus, seaweeds, mushroom, daikon radish, radish, carrot, pumpkin, kudzu, cabbage, bok choy, cauliflower, chard, papaya, and white fungus

FOODS TO AVOID: coffee, intoxicants, lamb, chicken beef, trout, salmon, anchovy, garlic and onions, ginger, fennel, and cinnamon

- *Wind Cold*

FOODS TO EAT: ginger and green onion cooked as a tea, drink hot to induce sweating

- *Phlegm Accumulation*

FOODS TO EAT: foods to tonify the spleen as needed CLEAR PHLEGM- fennel, fenugreek, cayenne, onions and garlic, horseradish, ginger, flaxseed YELLOW PHLEGM- flaxseed, watercress, turnip, radish, daikon, mushroom, cereal grasses, seaweeds

FOODS TO AVOID: damp-producing foods (see spleen damp)

- *Yin Deficiency*

FOODS TO EAT: tonify the kidney yin as needed, seaweeds and micro-algae, orange, peach, pear, apple, watermelon, tomato, banana, string bean, soy milk, tofu, tempeh, raw sugar cane, rice syrup, flaxseed, dairy products, eggs, oyster, clam, pork

FOODS TO AVOID: bitter and hot spicy foods

- *Lung Qi Deficiency*

FOODS TO EAT: tonify the spleen and or kidney as needed, rice, sweet rice, oats, carrot, mustard green, sweet potato, yam, potato, fresh ginger, garlic, molasses, rice syrup, barley malt, herring

FOODS TO AVOID: avoid mucus forming foods (see spleen damp) and cooling foods such as cereal grasses, micro-algae, and citrus