

Traditional Chinese Medicine (TCM) dietary guidelines

Reduce/avoid foods that create **heat, dryness and inflammation**
(especially in the summer)

- Alcohol
- Coffee/caffeine
- Sugar
- Chocolate
- Spicy foods
- Onion & garlic
- Artificial chemical additives (flavors, dyes, sweeteners etc)

Reduce/avoid **cold damp** foods that create stagnation and weaken digestion
(especially in the winter)

- Smoothies
- Salads
- Ice water
- Ice cream
- Milk
- Raw veggies
- Cold cut meats
- Raw sushi

Good foods to eat all year

- Soups & stews
- Bone broth
- Steamed rice
- Steamed veggies
- Eggs
- Meat and fish
- Oatmeal
- Avocado (room temp)
- Berries (room temp)
- Nuts
- Coconut and olive oil
- Herbal teas
- Room temp water w/electrolytes