

# Oriental Medicine

## Eastern Nutrition by LinkedYin

### PROTEINS

- **Meats:** beef, veal, lean pork, lamb
- Chemical free chicken, turkey (without skin)
- *Avoid:* canned, cured, deli meat with nitrates MSG
- **Seafood:** any fish or shellfish, fresh or frozen
- Homemade breaded fish, dark skinned fish
- Other proteins: tofu, tempeh, legumes
- **Nuts and seeds:** natural nuts and seeds, almonds, walnuts, pumpkin sunflower seeds raw or dry roasted.  
*Avoid:* peanuts
- Natural nut butters where oil rises to the top (almond butter is preferred).
- **Avoid:** commercial brands (containing hydrogenated oils and sugar)

### DAIRY:

- Replace cow milk with goat or almond milk
- Free range or organic chickens eggs
- Butter (no margarine)
- Cheese (raw or organic), cottage cheese
- Yogurt (organic without added sugar)

### FATS

- Butter (no margarine)
- Fresh flaxseed oil
- Olive oils, cold pressed
- Fish oils
- Grape seed oil

### VEGETABLES

- Grape seed oil
- Steamed preferably organic, green leafy vegetables, Avocado, asparagus tips, beets, carrots, green or waxed beans, mushrooms, pumpkin, green peas, white or sweet potato, spinach, summer or winter squashes
- **Salads:** bean or steamed vegetable, raw during summer ONLY (talk to your LAc)
- **Avoid: if pain is present** Nightshade Vegetables (potatoes, tomatoes, eggplant) more than 1-2 wk
- **Salad dressing** – use any cold pressed oils with apple cider vinegar or lemon juice. Italian dressing made with organic ingredients.

### CONDIMENTS

- Natural herbs and spices
- Spike, celtic sea salt
- Apple cider vinegar, lemon juice or rice vinegar, mustard, low-sugar ketchup, health food store brand.

### GRAINS (limited qualities only)

- Organic, sprouted grain breads: “Ezekial”
- Whole grain breads/crackers
- Whole grains – brown rice, quinoa, bulgar, millet
- Whole grain cereals pastas – shredded wheat, oatmeal

### FRUITS

- Fresh or Frozen organically grown fruits
- Papaya, strawberries, kiwi, orange, grapefruit, mandarin oranges, mango, raspberries, apricots, rhubarb, pineapple, watermelon (during summer), blueberries, peach, banana, plum, cherries, frozen fruit, juice bar, canned fruit, pear, apple, dried fruit, grapes, raisins
- Unsweetened fruit juices

### SWEETENERS

- Fresh fruit
- Agave nectar
- Stevia
- Raw honey
- Pure Maple Syrup

### BEVERAGE

Lemon water (room temperature, in the morning)  
Organic, herb teas  
Coffee (not more than 1 cup/day, without sugar)  
*Avoid* tap, unfiltered water

### DESSERTS

Fresh fruit with yogurt and raw honey  
Plain gelatin add fruit  
Brown rice pudding with agave nectar  
Sorbet made from fresh fruit with no sugar added

### SNACKS/TREATS

Whole grain chips or crackers with cheese  
Fresh fruit  
Plain Yogurt with frozen fruit  
Whole grain waffle with almond butter  
Nuts (no peanuts or cashew), trail-mix

### Note:

Food choices vary depending on your health condition and the season. Avoid raw and cold foods during cold months; spicy and fried during summer.

**Consult your practitioner if you have allergy, digestive irregularities or chronic medical conditions.**