



Traditional Chinese Medicine Dietary Guidelines for Preventative Health (with no COVID-19 symptoms)

Basic Dietary Guidelines

- Whole Grains, 2-3 servings: 1 cup cooked whole grains, 3-4 ounces of dry pasta or 2 slices of bread
- Protein, 1-3 servings: 1 serving = 2-4 ounces animal protein, 1 cup cooked beans or 1 egg
- Vegetables, 6-10 servings: 1 serving = 1 cup cooked vegetables
 - Add 1-2 cups cooked sea vegetables (Such as Dulse, Kelp, Wakame)
- Fruit, 2-3 servings: 1 serving = 1 piece or handful
- Nuts and Seeds, 1 serving: 1 serving = 2-4 tablespoons Water $\frac{1}{2}$ body weight in ounces. Room temperature.
- Limit: Alcohol, Sugar, Caffeine, Dairy

Specific Foods (Focus on Warm and Neutral Thermal Quality Foods)

Vegetables (Steamed and Lightly Sautéed)

- Chinese Chive, Kale, Green Beans, Leek, Portobello Mushrooms, Onions/Scallions, Zucchini, Pumpkin, Summer Squash

Eggs

- Duck, chicken

Meat

- Chicken, beef, duck, turkey, ham

Grains

- Oats, Quinoa, Sorghum, Spelt, Brown Rice

Beans

- Aduki, Black Beans, Black Eyed Pea, Fava, Kidney Bean, Lentil

Nuts and Seeds

- Most are neutral/warm except winter melon seed

Fish

- Most are neutral/warm except clam, crab, oysters, squid

Herbs and Spices

- Basil, Cardamom, Caraway, Dill Seed, Ginger, Nutmeg, Parsley, Oregano, Rosemary, Sage, Turmeric, Cinnamon

Oils and Condiments

- Olive Oil, Coconut Oil, Raw or Manuka honey

Fruit

- Blackberry, blueberry, grape, date, raspberry, tangerine, orange peel

Note these are general recommendations/suggestions only. This does not constitute medical advice. Consult your local licensed healthcare provider for specific recommendations based on your specific needs.