



## **Diet Guidelines for Stomach Yin Deficiency**

Digestion in TCM is viewed metaphorically like a pot of soup sitting on a fire. Stomach Yin is considered to be the pot that holds the ingested foods. It is also involved in allowing the body to extract nourishment from the food. To prevent Yin deficiency it is best to consume fresh foods that are slightly cooked. Food that is lightly prepared helps to ensure that nutrients are preserved and are more readily digested and absorbed. General dietary recommendations to prevent deficiency include eating smaller meals more frequently and enjoying meals by sitting down to relax while you eat and chewing thoroughly to savor flavors.

Meals should consist largely of easily digested complex carbohydrates like grains and starchy root vegetables, roughly 40% of your diet. Another 40% of the diet should be comprised of cooked vegetables. Proteins should comprise only 10 - 20% of the diet, with a focus on high quality choices. The diet should also include plenty of fluids, especially in the form of soups, and avoid overly spicy, hot dishes.

Below is a list of recommended foods. You should not limit your diet to only these foods. Instead follow the guidelines above of the optimum ratios of carbohydrates, vegetables and proteins, and add the recommended foods from the list below within your meals. Where ever possible choose organically grown foods.



### **Specific foods for Stomach Yin deficiency**

wheat, oats, rice, millet, barley  
pork, chicken, eggs, Chinese black boned chicken, duck, pigeon, goose  
eggs, dairy in moderate amounts, yogurt, sheep's milk, pigeon eggs, tofu,  
tempeh, nuts & seeds, slippery elm bark  
spanish mackerel, sardines, oysters, mussels, clams, cuttlefish, squid,  
kelp, spirulina  
zucchini, squash, potatoes, sweet potatoes, melons, string beans, beets, button  
mushrooms, wood ear mushrooms, tremella mushrooms, tomatoes  
aduki beans, black beans, mung beans,  
apples, banana, mulberries, mango, coconut, peaches, plums  
olive oil, flaxseed oil, almond oil



### **Foods to restrict or avoid**

chilies, cinnamon, garlic, ginger, onions, shallots, leeks, basil, cloves, wasabi  
coffee, vinegar, pickles, tea  
lamb, shrimp, prawns, veal  
citrus fruits  
cigarettes, alcohol, recreational stimulants

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### **References:**

*Clinical Handbook Of Internal Medicine, Vol. 2.* MacLean & Lyttleton. University of Western Sydney: Australia. 2002.

*Chinese Dietary Therapy.* Liu, J. Churchill Livingstone: Edinburgh. 1995.

*The Healing Cuisine of China.* Zhao & Ellis. Healing Arts Press: Vermont. 1998.

### **Disclaimer**

*This factsheet is not intended to diagnose or assess. The information provided is not to be considered a substitute for consultation with a qualified health care practitioner.*