**Food Therapy**

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| --- | --- | --- | --- |
| **Category** | **Meat & Dairy** | **Vegetables & Fruits** | **Grains/****Beans/****Others** |
| **Warm/****Hot****Foods** | Beef, Chicken, Chicken egg yolk, Chicken Liver, Goat Milk, Ham, Lamb Kidney, Lamb Liver, Lobster, Mutton, Pheasant, Prawn, Shrimp, Venison | Apricot, Blackberry, Cherry, Chestnut, Citrus, Clove, Coconut, Coriander, Fennel, Ginger, Garlic, Horseradish, Mustard, Nutmeg, Papaya, Peach, Pepper, Plum, Pumpkin, Quinoa, Raspberry, Rosemary, Squash, Sweet Potato, Sunflower Seed, Tangerine, Thyme, Turmeric, Walnut | Brown Sugar, White Rice, Malt Sugar, Oats, Olive Oil, Rice Vinegar |
| **Cool/ Cold****Foods** | Alligator, Clam or Mussel, Cod, Duck, Duck Egg, Egg White, Frog, Herring, Oyster, Rabbit, Scallop, Shark, Turkey, White Fish, Yogurt | Alfalfa, Apple, Amaranth, Banana, Bitter Melon, Blueberry, Broccoli, Celery, Cucumber, Eggplant, Seaweed, Kiwi, Mango, Mushroom, Orange, Pear, Persimmon, Spinach, Strawberry, Tomato, Watermelon, White Radish | Barley, Brown Rice, Flax Seed Oil, Honey, Sesame Seed, Sesame Oil, Salt, Tofu, Wheat Flour |
| **Neutral Foods** | Beef, Beef Liver, Bison, Catfish, Chicken Egg, Carp, Eel, Goose, Milk, Pork, Pork Kidney, Pork Liver, Quail, Salmon, Sardines, Squid, Tripe, Trout, Tuna, Wild Rabbit | Cabbage, Carrots, Cauliflower, Date, Figs, Lemon, Sweet Potato, Yam | Black Bean, Corn, Green Beans, Green Peas, Kidney Beans, Peanuts, Red Beans, Soy Bean, String Bean, White Sugar |

**Diet Plan**

**Condition** - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Form** - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Protein** - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\*\*Chart by Chi University’s TCVM Food Therapy\*\*



\*\*Chart from Yin & Yang Nutrition for dogs\*\*