



**Oriental Medical Center of Pahoia**  
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**Foods for Dampness** (all foods are non-GMO organic)

**grains**

corn  
jobs tears  
rye  
sorghum  
amaranth  
buckwheat

**beans**

aduki  
kidney bean  
lentil

**vegetables**

alfalfa sprout  
asparagus  
bamboo shoot  
caper  
chinese cabbage  
celery  
daikon (mooli)  
kohirabi  
lettuce  
onion  
pumpkin  
radish  
scallion  
turnip  
white fungus

**meats**

quail

**fish**

anchovy  
eel  
mackerel

**fruits & nuts**

blueberry  
bilberry  
cranberry  
papaya

**herbs**

aniseed  
cinnamon bark  
nettle  
pepper (black)  
pepper (white)  
tamarind  
raspberry leaf

**other foods**

horseradish