



**Oriental Medical Center of Pahoia**  
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**Foods That Tonify Yang** (all foods are non-GMO organic)

**grains**

quinoa

**vegetables**

**meats**

beef kidney  
sheep kidney  
lamb

**shellfish**

mussel

**fish**

anchovy  
lobster  
shrimp  
prawn

**fruits & nuts**

chestnut  
pistachio  
walnut  
raspberry

**herbs**

basil  
cayenne  
chive seed  
cinnamon bark  
clove  
fennel seed  
fenugreek seed  
garlic  
ginger (dried)  
horseradish  
nutmeg  
rosemary  
savory  
jasmine  
star anise