



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

grains

wheat germ
wheat bran
wheat
millet
job's tears
barley
buckwheat

beans

kidney bean
mung bean
soybean (yellow)
tofu

vegetables

celery
chinese cabbage
cucumber
dandelion leaf
lettuce
mungbean sprout
asparagus
aubergine
bamboo shoot
cabbage
potato
turnip
water chestnut

meats

quail

shellfish

abalone
clam (freshwater)
clam (saltwater)

fish

crab
frog
octopus

fruits & nuts

apple
banana
blue/bilberry
cranberry
fig
grapefruit
lemon/lime
mango
pear
plantain
persimmon
pineapple
plum
rhubarb
watermelon

dairy

egg white (chicken)

seaweed

nori
swiss chard
kelp

oils

sesame oil

herbs

licorice
purslane
tamarind
chrysanthemum
dandelion root
elderflower
lime flower

other foods

agar
kudzu
salt