



Oriental Medical Center of Pahoia
David Bruce Leonard, L.Ac.
Post Office Box 1646
(808) 965-5432
www.davidbruceleonard.com

Foods that Tonify the Kidneys (all foods are non-GMO organic)

grains

millet
rice
wheat

beans

kidney beans

vegetables

bamboo shoots, fresh
cabbage, green
carrot
lettuce, romaine
celery
yam

seaweed

agar-agar
hiziki, Japan
wakame, Japan

fish

butterfish
carp, common
cod (red snapper)
halibut
octopus
perch
shark

shellfish

clam
crab
mussel
sea cucumber

meat

beef marrow
deer, venison
pork, lean
pork, kidney
ham, unsmoked
lamb
lamb liver
lamb marrow
chicken liver
pigeon, squab (benefit yin)
turtle

fruits and nuts

chestnut
strawberry
raspberry (benefit yin)
walnut