

# *Yin and Yang Food List*

DEAR CLIENT PLEASE CHOOSE FROM THE YIN & YANG LIST AS PER INSTRUCTED.

## FOODS WHICH SUPPORTS THE ORGANS



**YIN - COLD/COOLING**

**YANG - WARM-HOT**

EXTREME YANG	VERY YANG	MODERATE YANG	SLIGHT YANG	SLIGHT YIN	MODERATE YIN	VERY YIN	EXTREME YIN
Raw Table Salt, Drugs such as Downers, Barbiturates, Steroids, Sedatives, Pork, Beef, Eggs, Hard Salty Cheeses	Poultry, Amphibians, Shellfish, Red Meat Fish such as Tuna, Salmon, Swordfish	White meat fish such as Flounder, Bass, Trout, Whole Grain Flour baked in Bread or Chips, Sea Salt, Miso, Soy Sauce used in cooking, Kombu, Wakame, Arame, Hiziki, Nori, Dulse	Grains Prepared in their whole form: Rice, Barley, Millet, Wheat, Oats, Rye, Buckwheat, Quinoa, Teff, Amaranth, Azuki, Carrots, Parships, Daikon, Burdock, Rutabaga, Turnips	Onions, Red Radish, Lotus Root, Cauliflower, Broccoli, Brussel Sprouts, Cabbage, Squash, Kale, Collards, Mustard Greens, Bok Choy, Nappa, Leeks	Beans such as Lentils, Black Beans, Chickpeas, Cucumber, Celery, Sprouts, Peas, Green Beans, Summer Squash, Mushrooms, Whole Grain Noodles, Tofu, Tempeh, Parsely, Scallions, Beets, Apples, Pears, Peaches, Plums, Strawberries, Canteloupe, Apricots, Watermelon, Grapes, Oranges, Tangerines, Lemons, Almonds, Walnuts, Rice Syrup, Barley Malt	White, Processed Breads, Pastas and Pastries, Tomato, Potato, Eggplant, Grapefruit, Banana, Pineapple, Peppers, Spinach, Spices, Honey, Maple Syrup, Cashews, Soft Cheeses, Cream, Yogurt, Butter, Electric Cooking	White Sugar, Alcohol, Marijuana, Cocaine, Heroin, Amphetamines, Pain Killers, Tranquilizers, Nicotine, Caffeine, Artificial Sweeteners, Preservatives, Atomic and Electromagnetic Radiation, Microwave