



## **Diet Guidelines for Heart Blood Deficiency**

Blood deficiency in Traditional Chinese Medicine (TCM for short) is a broader term than simply anemia. Like Yin, Blood in TCM refers to the body's overall fluids and nourishment. A diagnosis of Heart Blood deficiency means that this aspect of the Heart organ network is compromised. To address this, a diet that is nutrient rich and building is recommended.

In general it is best to eat foods that are lightly cooked to ensure that nutrients are preserved and are more readily digested and absorbed. General dietary recommendations to prevent deficiency include eating high quality proteins, lightly cooked vegetables and chewing meals thoroughly.

Meals should emphasise leafy green vegetables, roughly 30% to 40 % of your diet and high quality protein sources, roughly 20% - 30% of your diet. The balance of the diet should centre around complex carbohydrates, like whole grains and lightly cooked vegetables.

Below is a list of recommended foods. You should not limit your diet to only these foods. Instead follow the guidelines above of the optimum ratios of carbohydrates, vegetables and proteins, and add the recommended foods from the list below within your meals. Where ever possible choose organically grown foods.



### **Specific foods for Heart Blood deficiency**

wheat, rice, oats, roasted barley, sweet rice, spelt, millet  
pumpkin, sweet potatoes, squash, carrots, corn, parsnips, yams, peas, stewed fruit, onions, leeks, garlic, turnip, mushrooms including oyster & shitake, spinach, chard, kale, chinese greens, beets, parsley, lychee fruit, coconut, grapes, cherries  
legumes in general, chick peas, black beans, kidney beans, fava beans, tempeh  
chicken, beef, pork, Chinese black boned chicken, quail, goose, rabbit, frog, organic liver, pigeon, eggs, organic bone marrow  
mackerel, tuna, anchovy, perch, eel, catfish, oysters, mussels, shark, shrimp, prawns, clams, seaweeds  
Jujube dates, lotus seeds, longan fruit, lily bulb, mulberries, black sesame seeds, molasses, rice syrup, barley malt, dates, figs, sugar cane, dried lily flowers  
miso, vegemite, marmite



### **Foods to restrict or avoid**

salads, raw fruits, sprouts, raw vegetables  
excess amounts of tofu, overly rich or oily meals  
overly sweet foods, refined sugars, high doses of vitamin C, chocolate  
cold foods like ice cream or smoothies  
iced drinks including ice water, strong tea, coffee, chilies

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### **References:**

*Clinical Handbook Of Internal Medicine, Vol. 2.* MacLean & Lyttleton. University of Western Sydney: Australia. 2002.  
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*The Healing Cuisine of China.* Zhao & Ellis. Healing Arts Press: Vermont. 1998.

### **Disclaimer**

*This factsheet is not intended to diagnose or assess. The information provided is not to be considered a substitute for consultation with a qualified health care practitioner.*