



Diet Guidelines for Dampheat

In Traditional Chinese Medicine (TCM for short), Dampness is created when digestion and fluid metabolism are not functioning properly. Damp can mix with excess Heat, forming a particular condition known in TCM as Dampheat. When treating Dampheat conditions, a diet that avoids both rich, congesting food as well as heating foods is important.

For optimum digestion, it is best to eat small, simply prepared meals with an emphasis on cooked foods. To reduce the Heat, small amounts of raw foods and juices can be included and vegetarian sources of protein should be favoured.

20 - 30% of meals should consist of complex carbohydrates, especially rice, barley and millet. 50% or more of the diet should be comprised of vegetables and proteins should comprise only about 20% of the diet.

Pungent flavours including mint and basil are beneficial in dispersing congested fluids, while overly rich, oily or sweet foods should be avoided because they can overwhelm the digestive system and will contribute to the excess Dampness.

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. Wherever possible choose organically grown foods.



Specific foods for Dampheat

rice, rye, millet, wheat, barley
celery, carrots, spinach, swiss chard, eggplants, chinese cabbage, tomatoes, broccoli, peas, cauliflower, asparagus, watercress, arugula, lettuce, radish, daikon radish, alfalfa sprouts, shitake mushrooms, chrysanthemum leaves, bamboo shoots, amaranth leaves, purslane
lemon, cranberries, watermelon, persimmons
mung beans, to fu, tempeh, aduki beans
kelp, green tea, chrysanthemum tea (unsweetened), peppermint tea, water, small amounts of juices (diluted)



Foods to restrict or avoid

alcohol, greasy or oily foods, all deep fried foods, cheese, sugar, highly processed foods
fatty meats, all dairy, eggs, shrimp, peanuts
chillies, cinnamon, garlic, mustard, coffee, excessive amounts of salt, chocolate
frozenfoods like ice cream or smoothies, iced drinks including ice water

References:

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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.