



## **Diet Guidelines for Stomach Heat**

Digestion in TCM is viewed metaphorically like a pot of soup sitting on a fire. Stomach Heat is when the fire blazes uncontrolled interfering with digestion and sending excess heat along the Stomach meridians.

To help correct this foods that clear heat and protect the Stomach are recommended. While TCM generally emphasizes lightly cooked foods, to address Stomach Heat, raw fruits and vegetables are included because of their cooling nature. Because most animal sources of protein are heating in nature, these should be replaced with vegetarian protein options.

Meals should consist largely of easily digested complex carbohydrates like grains and starchy root vegetables, roughly 40% of your diet. Another 40% of the diet should be comprised of vegetables. Proteins should comprise only 10 - 20% of the diet, with a focus on high quality choices. The diet should also include plenty of fluids, especially in the form of soups, and should avoid overly oily, spicy or hot dishes.

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 Stomach Heat**

rice, millet, wheat, barley, oats  
celery, spinach, swiss chard, cucumber, lettuce, daikon radish, asparagus, eggplant, chinese cabbage, broccoli, cauliflower, zucchini, alfalfa sprouts, tomatoes, purslane, bamboo shoots, water chestnuts, avocado, arugula, watercress  
apples, pears, watermelon, bananas, kiwis, mango  
tofu, tempeh, soy milk, yogurt, mung beans  
crab, chinese blackboned chicken, pigeon eggs, oysters, clams  
spirulina, kelp and other seaweeds, slippery elm bark powder



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

chilies, cinnamon, garlic, ginger, onions, shallots, leeks, basil, cloves, wasabi  
coffee, vinegar, mustard, horseradish, chocolate, tea  
lamb and large amounts of other red meats, shrimp, prawns, veal, cheese  
citrus fruits  
all fried foods, BBQ'd foods, cigarettes, alcohol, recreational stimulants

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### **References:**

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*The Healing Cuisine of China.* Zhao & Ellis. Healing Arts Press: Vermont. 1998.  
*Chinese System of Food Cures.* Henry Lu. Sterling Publishing: New York. 1986.

### **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.*