



Diet Guidelines for Cold Accumulation

In Traditional Chinese Medicine (TCM for short), Cold can invade the body and become stuck in the channels. Commonly this obstruction results in pain where the obstruction lies. Resolving this imbalance requires the affected channels to be warmed and the Cold to be expelled.

Digestion in TCM is viewed metaphorically like a pot of soup sitting on a fire. It is the body's metabolic 'fire' that cooks ingested food, allowing the body to extract nourishment from the food. Which is why warming foods are doubly important for this condition.

It is best to consume foods that are cooked. Also eating smaller meals more frequently and enjoying meals by sitting down to relax while you eat and chewing thoroughly to savor flavors is recommended.

Meals should consist largely of easily digested complex carbohydrates like grains and starchy root vegetables. 30 - 40% of the diet should be comprised of cooked vegetables and proteins should comprise only 10 - 20% of the diet.

Warming spices like cinnamon are recommended. Cold natured foods such as raw vegetables need to be avoided.

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 Cold Patterns

cooked grains, soups, baked or roasted foods, rice, oats, roasted barley, sweet rice
onions, leeks, garlic, chives, spring onions, parsnips, peas, turnip, baked
vegetables in general
chick peas, black beans, chestnuts
lamb, beef, chicken
mackerel, tuna, anchovy, prawns, mantis shrimp
dry ginger, fennel, cloves, cinnamon, cardamom, black pepper, fresh ginger,
rosemary, turmeric, star anise, nutmeg, molasses, rice syrup, barley malt,
dates, perillia leaf



Foods to restrict or avoid

citrus, wheat grass, raw fruits, raw vegetables, sprouts, salads, tomatoes,
spinach, swiss chard, soybeans, tofu, soy milk, dairy (cheese, milk, yogurt, etc.),
nut butters and other high oil foods
seaweeds refined sugars, vinegar, high doses of vitamin C
chocolate, cold foods like ice cream or smoothies, iced drinks including ice water

References:

Clinical Handbook Of Internal Medicine, Vol. 2. MacLean & Lyttleton. University of Western Sydney: Australia. 2002.
Chinese Dietary Therapy. Liu, J. Churchill Livingstone: Edinburgh. 1995.
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.