



## **Diet Guidelines for Lung Heat Patterns**

In Traditional Chinese Medicine, the Lung Organ Network includes aspects of our immune system. A diagnosis of Lung Heat often means that our immune system needs additional support.

To help correct this, foods that remove heat and protect the Lungs are recommended. While TCM generally emphasizes lightly cooked foods, to address Lung Heat, some 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 30% of your diet. Another 40% to 60% of the diet should be comprised of vegetables. Proteins should comprise only 10% of the diet, with a focus on vegetarian options. 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 Lung Heat**

millet, wheat, barley  
tofu, tempeh, soy milk, mung beans, miso  
celery, spinach, swiss chard, cucumber, lettuce, radishes, asparagus, eggplants, chinese cabbage, tomatoes, broccoli, cauliflower, zucchini, watercress, mung bean sprouts, carrots, pumpkins, daikon radish, bamboo shoots, turnips  
apples, pears, watermelon, peaches, strawberries, lemons, grapefruit, mangos, persimmons  
peppermint, chrysanthemum flowers, kelp, spirulina



### **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  
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.*