



## **Diet Guidelines for Kidney Yin Deficiency**

The Kidney organ network in Traditional Chinese Medicine (TCM for short), not only includes our bodies' ability to eliminate wastes through the urine, but also includes the overall reserves stored in our bodies.

A diagnosis of Kidney Yin deficiency means that the reserves that moisten and nourish the body are weakened and unable to perform their functions. A diet that includes enriching and building foods can help to preserve & restore Kidney Yin.

Meals should consist largely of easily digested complex carbohydrates like grains and starchy root vegetables, roughly 40% of your diet. About 40% of the diet should be comprised of cooked vegetables. Proteins should comprise only 10 - 20% of the diet. The diet should also include plenty of fluids, especially in the form of soups, and avoid overly hot, spicy meals.

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 organic, locally grown foods.



### **Specific foods for Kidney Yin deficiency**

wheat, oats, rice, millet, barley  
eggs, dairy in moderate amounts, yogurt, tofu, tempeh, nuts & seeds, aduki beans, black beans, mung beans, black soy beans, kidney beans, black sesame seeds  
pork, chicken, black boned chicken, duck, pigeon, eggs, organic bone marrow spanish mackerel, sardines, oysters, mussels, clams, cuttlefish, squid, perch, seaweeds, eel, bird's nest soup  
zucchini, squash, potatoes, sweet potatoes, melons, string beans, beets, button mushrooms, wood ear mushrooms  
apples, banana, blueberries, black berries, peaches, mulberries, mango, coconut  
olive oil, flaxseed oil, almond oil  
kelp, spirulina



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

chilies, cinnamon, garlic, ginger, onions, shallots, leeks, basil, cloves, wasabi  
coffee, vinegar, pickles, tea  
lamb, shrimp, prawns, veal, game birds  
citrus fruits  
cigarettes, alcohol, recreational stimulants

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### **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.*