

Foods for Yang Deficiency Diet:

- Warming spices: ginger, cinnamon, clove, basil, cardamom, fennel, horseradish, rosemary, angelica, dill, anise, caraway, cumin, carob, black pepper and small amounts of all hot peppers. Eat a variety of these spices and strive to incorporate some in every meal. Warming sweeteners to have in small quantities include molasses and rice syrup
- Warming grains and seeds: spelt, quinoa, oats, sunflower seed, sesame seed, walnut, pinenut, chestnut, sweet brown rice and mochi. Neutral grains are acceptable as well: rice, buckwheat, rye, and corn.
- Warming vegetables and fruit: parsnip, parsley, winter squash, mustard greens, kale, onion, sweet potato, leek, garlic, chive, scallion, citrus peel, cherries, and dates.
- Warming animal foods: butter, anchovy, trout, mussel, chicken, beef, and lamb.
- Prepare black beans, aduki beans, or lentils with dried ginger.
- Avoid cold and raw food.

Tips and Tendencies for Yang Deficiency:

- Yang becomes deficiency through frequent exposure to cold weather, through intake of cold food and drink or too much raw food, and through weak constitution (common pattern for the elderly).
- Gentle exercise on a regular basis is key for this pattern, it is difficult to get the yang moving with body movement.
- Keep the abdomen, low back, legs, feet, and hands warm (movement helps!).
- People with this pattern tend to be cold, may have loose stools with undigested food and body excretions in general are copious and clear. May have intense fixed pain, or tight contracted muscles. This pattern is common in those who have recently become vegetarian and can last several months during the transition period.