



Oriental Medical Center of Pahoia
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Cold Foods (all foods are non-GMO organic)

vegetables

asparagus
bamboo shoots, fresh
lotus root, fresh
lettuce, romaine
spinach
tomato, red
water chestnut

fish

octopus
cod (red snapper)

shellfish

sea clam
sea crab

fruits and nuts

banana
cantaloupe
grapefruit
lemon
persimmon
watermelon

seaweeds

agar agar
dulse
hiziki (Japan)
kombu (Japan-kelp)
nori (Japan-laver)
wakame (Japan)

meats

pork marrow
duck egg
rabbit liver

other

sea salt
miso
kudzu root starch