



Oriental Medical Center of Pahoia
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Foods for Blood Deficiency (all foods are non-GMO organic)

grains

barley
corn
job's tears
oats
rice
sweet rice
wheat bran

beans

aduki
black bean
kidney bean

vegetables

alfalfa sprouts
artichoke
beetroot
dandelion leaf
kelp
spinach
parsnips
watercress

meats

beef
liver (beef)
liver (sheep)
pork

shellfish

oyster

fish

cuttlefish
octopus

fruits & nuts

apricot
avocado
date
fig
grape
longan
mulberry

dairy

egg (chicken)
egg yolk (chicken)

beverages

amasake
soya milk

oils

herbs

nettle

other foods

molasses
algae
pollen