



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

vegetables

daikon (mooli)
mushroom (button)
mustard leaf
plantain
radish
shiitake mushroom
water chestnut
watercress

shellfish

clam (saltwater)

fish

crab
lobster
shrimp/prawn

fruits & nuts

almond
walnut
grapefruit
pear

seaweed

nori
seaweed
kelp

beverages

soya milk
tea

herbs

basil
caraway
cardamom
fennel seed
garlic
ginger (fresh)
horseradish
juniper
licorice
mustard
pepper (black)
pepper (white)
rosemary
savory
thyme
elderflower
jasmine
peppermint

other foods

salt