



Oriental Medical Center of Pahoia
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Foods that Tonify Yin (all foods are non-GMO organic)

grains

barley
spelt

beans

aduki
black bean
kidney bean
lia bean
mung bean
soybeans (black)
tofu

vegetables

alfalfa sprouts
artichoke
asparagus
mungbean sprout
plantain
potato
seaweed
string bean
sweet potato
tomato
water chestnut
yam

meats

beef
duck
goose
kidney (pork)
pigeon
pork
rabbit

shellfish

abalone
clam (freshwater)
clam (saltwater)
oyster

fish

crab
cuttlefish
octopus
shark?

seaweed

kelp
nori

beverages

coconut milk

fruits & nuts

pine kernel
sesame (black)
sesame (white)
walnut
apple
apricot
avocado
banana
lemon/lime
mango
mulberry
pear
persimmon
pineapple
pomegranate
watermelon

dairy

cheese
egg (chicken)
egg yolk (chicken)
egg (duck)
milk (cow)

herbs

marjoram
nettle