

Foods That Nourish Yin

Foods that nourish the yin of specific organs: Heart, Lung, Stomach, Spleen, Liver, Kidney

* Signifies a rich yin tonic that should be used sparingly at least and in moderation at most.

** Small amounts of meat are tonifying and large amounts are toxic. Americans typically eat toxic amounts. Meat should be organic.

Foods That Nourish Yin in General

- Apple
- Chicken Egg
- Cuttle Fish
- Honey
- Malt
- Oyster
- Pineapple
- Rabbit
- Tomato
- Asparagus
- Clam
- Duck
- Kidney Bean
- Mango
- Pea
- Pomegranate
- String Bean
- Watermelon
- Cheese*
- Crab
- Duck Egg
- Lemon
- Milk*

- Pear
- Pork
- Tofu
- Yam
- Abalone
- Coconut Milk
- Sesame (white)
- Octopus
- Plantain
- Nori
- Mung Bean Sprout

Foods That Especially Nourish Heart Yin

- Apple
- Persimmon
- Watermelon
- Aduki Bean
- Mung Bean
- Cuttlefish

- Milk*
- Egg (Chicken, Duck) - especially the yolk
- Marjoram
- Wheat Germ
- Wheat Berries

Foods That Especially Nourish Lung Yin

- Asparagus
- Water Chestnut
- Yam
- Apple
- Apricot
- Avocado
- Banana
- Mulberry
- Pear
- Persimmon
- Lima Bean
- Pine Kernel

- Goose
- Cheese*
- Egg (Chicken, Duck)
- Milk*
- Marjoram
- Walnut
- Orange
- Peach
- Soy Milk
- Tofu
- Tempeh
- Rice Syrup
- Flax Seed
- Butter*

Foods That Especially Nourish Stomach Yin

- Barley
- Kelp
- Potato
- Sweet Potato
- Seaweed
- Tomato
- Water Chestnut
- Apple

- Beef**
- Pork
- Egg
(Chicken,
Duck)
- Milk*

Foods That Supplement the Spleen and Thus the Stomach Secondarily

- Marjoram
- Nettle
- Goose
- Shark
- Avocado
- Lemon
- Lime
- Persimmon
- String Bean
- Soybean (black)
- Yam
- Spelt

Foods That Especially Nourish Liver Yin

- Artichoke
- Kelp
- Tomato
- Avocado
- Lemon
- Lime
- Pine Kernel
- Sesame (black)
- Clam (fresh water)
- Crab
- Cuttlefish
- Oyster
- Rabbit
- Nettle
- Royal Jelly
- Mung Bean
- Mung Sprouts
- Cucumber
- Tofu
- Millet
- Flax Oil (Fresh, cold-pressed)
- Animal Liver*

Foods That Especially Nourish Kidney Yin

- Alfalfa Sprout
- Kelp
- Asparagus
- Potato
- Seaweed
- Sweet Potato
- Yam
- String Bean
- Lemon
- Lime
- Pomegranate
- Mulberry
- Watermelon
- Black Bean
- Kidney Bean
- Soybean (black)
- Sesame (black)
- Walnut

- Clam (fresh water)
- Cuttlefish
- Oyster
- Duck
- Pork (especially pork kidney)*
- Egg, Chicken (especially yolk)
- Marjoram
- Millet
- Barley
- Mung Bean
- Mung Sprouts
- Blackberry
- Huckleberry
- Blueberry
- Water Chestnut
- Wheat Germ
- Sardine
- Cheese*