**Your Yin Xu Foods list**

Include these foods as part of your diet.

Grains:

barley, buckwheat, millet (avoid millet if you have a thyroid disorder), oats, rice, and wheat.

\*\*Please note: barley and wheat contain gluten. Avoid these if you are gluten sensitive or have celiac disease.

Vegetables:

 alfalfa sprout, artichoke, asparagus, cucumber, mung bean sprout, mushrooms, pea, potato, seaweed, string bean, squash, sweet potato, tomato, water chestnut, yam, and zucchini.

Fruit:

Apple, apricot, avocado, banana, blackberry, blueberry, lemon, lime, mango, mulberry, peach, pear, persimmon, pineapple, pomegranate, and watermelon.

Nuts and seeds:

coconut (coconut oil, coconut milk, unsweetened fresh or dried coconut), sesame seeds and tahini, black sesame seeds, and walnut.

Proteins:

aduki beans, black beans, kidney beans, lima beans, mung beans, fish and seafood (except shrimp and prawns), beef, duck, goose, pork, rabbit, chicken and duck eggs.

Dairy:

sheep and goat dairy products (if tolerated), ghee. Yogurt is considered especially cooling and yin nourishing.

Other foods: beef bone marrow broth, fish oil, raw honey, and olive oil.