

di-book



TCM Recommendations Recipes and Foodstuffs

Traditional Chinese Medicine

International
cooking and
recipes



**Kidney
Yin deficiency
E254**

(Book: E254)

Diet recommendations for TCM - Kidney - Yin deficiency

1. Treatment strategy
2. Avoid
3. Breakfast
4. Snack
5. Lunch
6. Afternoon
7. Dinner
8. Any time
9. Recipes
 - 9.1 8 treasures of rice
 - 9.2 Adzuki Bean and Rice Soup
 - 9.3 Basic recipe for a chicken broth warming
 - 9.4 Basic recipe for a reissue soup (Congee)
 - 9.5 Beef soup with carrots, leeks, bay leaves
 - 9.6 Black root with yogurt
 - 9.7 Carrot and rice gruel soup
 - 9.8 Celery juice
 - 9.9 Chicken soup with angelica root and buckthorn fruit
 - 9.10 Cooling rice dish with grapefruit
 - 9.11 Decoction TCM liver-kidney1
 - 9.12 Grape compote
 - 9.13 Grape juice (fresh, homemade)

- 9.14 Japanese algae soup
- 9.15 Kohlrabi Potatoes mash
- 9.16 Lentils and rice stew
- 9.17 Pear compote
- 9.18 Pear juice
- 9.19 Spinach flan with milk
- 9.20 Pumpkin soup
- 9.21 Red grape juice with egg yolk
- 9.22 Reissue soup with duck
- 9.23 Rice congee with carrots and fennel
- 9.24 Rice congee with dried fruit
- 9.25 Rice congee with honey pear and black sesame
- 9.26 Rice congee with mung beans
- 9.27 Rice porridge with orange peel
- 9.28 Rice porridge with shrubs (seeds) Yi Yi Ren
- 9.29 Rice with parsnips
- 9.30 Rice with stewed vegetables
- 9.31 Roasted millet with Celery sticks
- 9.32 Soup with cucumbers and tomatoes
- 9.33 Spinach with Tahini
- 9.34 Strawberry soup with melons
- 9.35 Tea from basil
- 9.36 Tea from celery sticks
- 9.37 Tea from seaweed
- 9.38 Wheat fresh grain porridge with pears.

10. Effects of food

- 10.1 Use ingredients: recommendable
- 10.2 Use ingredients: yes
- 10.3 Use ingredients: little

10.4 Do not use contra-acting foods

11. Complementary

11.1 Chinese dates Da Zao

11.2 Dong quai or female ginseng

11.3 Hibiscus

11.4 Horsetail

12. Basics of Nutrition

12.1 Nutrition

12.2 Recipes

12.3 Foodstuffs

12.4 Herbs

13. Other dietic-books

14. EBNS - Software for nutritional counseling

1 Treatment strategy

Nourish kidney Yin, strength middle, change lifestyle (rest, sleep) Hot NO, warm LITTLE, neutral and refreshing YES, cold LITTLE. The kidney has the organ wedding between 17:00 and 19:00. By drinking tea during this time, the kidney can better utilize the active ingredients.

2 Avoid

Bitter or dehydrating food and beverages, especially coffee, hot spices, salty foods, red meat, grilled, fried, stress. Time pressure, sleep late.

3 Breakfast

kkal. per serving

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| Adzuki Bean and Rice Soup | 199 |
| Carrot and rice gruel soup | 101 |
| Celery juice | 33 |
| Cooling rice dish with grapefruit | 234 |
| Grape compote | 128 |
| Grape juice (fresh, homemade) | 73 |
| Kohlrabi Potatoes mash..... | 278 |
| Pear compote | 100 |
| Pear juice | 180 |
| Red grape juice with egg yolk | 271 |
| Reissue soup with duck | 160 |
| Rice congee with carrots and fennel | 131 |
| Rice congee with dried fruit | 210 |
| Rice congee with honey pear and black sesame | 158 |

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|---|-----|
| Rice congee with mung beans | 424 |
| Rice porridge with orange peel | 119 |
| Rice porridge with shrubs (seeds) Yi Yi Ren | 211 |
| Rice with parsnips | 206 |
| Roasted millet with Celery sticks | 400 |
| Tea from basil | 0 |
| Tea from celery sticks | 0 |
| Tea from seaweed | 0 |
| Wheat fresh grain porridge with pears. | 309 |