

nutribook



# TCM Recommendations

## Recipes and Foodstuffs

Traditional Chinese Medicine

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International  
cooking and  
recipes



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**Lung**  
**Dryness of the lungs**  
**E232**

(Book: E232)

## **Diet recommendations for TCM - Lung - Lung Dryness**

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 Apple sauce with raisins - Also for babies from 6th month
  - 9.4 Barley mash with steamed pear
  - 9.5 Basic recipe for a chicken broth worming
  - 9.6 Basic recipe for a reissue soup (Congee)
  - 9.7 Basmati rice + Zucchini tofu dish
  - 9.8 Chicken soup with angelica root and buckthorn fruit
  - 9.9 Coconut water
  - 9.10 Cooling rice dish with grapefruit
  - 9.11 Fennel-Rice Soup
  - 9.12 Kohlrabi Potatoes mash - also for babies from 8 months
  - 9.13 Miso soup with tofu
  - 9.14 Oat flakes with aromatic spices

- 9.15 Pear compote
- 9.16 Pear juice
- 9.17 Radish juice with cane sugar
- 9.18 Red grape juice with egg yolk
- 9.19 Rice congee with honey pear and black sesame
- 9.20 Roasted millet with Celery sticks
- 9.21 Roasted nuts
- 9.22 Spring vegetables - also for babies from the 8th month
- 9.23 Tea from celery sticks
- 9.24 Tea from chamomile
- 9.25 Tea from peppermint with white sugar
- 9.26 Tea from red dates
- 9.27 Tsampa with jam or fruit compote
- 9.28 Vegetable miso soup with tofu
- 9.29 Vegetarian vegetable-oatmeal-potatoes mash
- 9.30 Wheat fresh grain porridge with pears.
- 9.31 Wild garlic pesto
- 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 Liquorice root
- 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**

Moisturize, juices and yin nourish, strengthen middle.

Hot NO, warm LITTLE NO, neutral and refreshing YES, cold NO

## **2 Avoid**

Bitter or dehydrating food and beverages, alcohol, sake, lamb, turkey, turkey, hot and hot spices, very salty (sausage, cheese, ham, smoked), grilled, deep-fried, dry air, climate, screen, Smoking, synthetic fibers.

### 3 Breakfast

kkal. per serving

Adzuki Bean and Rice Soup	199
.....	199
Apple sauce with raisins - Also for babies from 6th month	73
.....	73
Barley mash with steamed pear	113
.....	113
Coconut water	30
.....	30
Cooling rice dish with grapefruit	234
.....	234
Fennel-Rice Soup	155
.....	155
Miso soup with tofu	51
.....	51
Oat flakes with aromatic spices	280
.....	280
Pear juice	180
.....	180
Radish juice with cane sugar	89
.....	89
Red grape juice with egg yolk	271
.....	271
Rice congee with honey pear and black sesame	158
.....	158
Roasted millet with Celery sticks	400
.....	400
Tea from celery sticks	1
.....	1