

## TCM Nutrition and Dietetics

**Acupoint Diet Therapy** – A nutritional approach that aligns food selection with specific acupuncture points to influence organ function and Qi flow. Related terms: Acupoint, Meridian, Qi, Zang-Fu. Example: Consuming warm barley soup stimulates the Stomach point to strengthen Spleen Qi. Practical application includes prescribing ginger-infused teas for patients with deficient Spleen. Challenges involve patient adherence and precise point-food matching.

**Aconite (Fu Zi)** – A potent warming herb derived from the root of Aconitum species, used in small doses to treat severe Yang deficiency. Related terms: Yang, Heat, Toxicity, Processing. Example: Fu Zi combined with ginger reduces cold extremities. Practically, it is incorporated into stews for chronic arthritis patients. Challenges include managing toxicity and ensuring proper preparation.

**Alkaline Diet** – A dietary pattern emphasizing foods that produce an alkaline effect in the body, aiming to balance internal pH and support Yin. Related terms: Yin, Moisture, Phytochemicals, Metabolism. Example: Incorporating leafy greens, cucumbers, and millet aligns with Yin-supporting strategies. Practical use involves recommending alkaline soups for insomnia. Challenges include misconceptions about “alkaline” in Western nutrition and limited evidence linking pH to health outcomes.

**Amaranth** – A grain considered neutral to slightly sweet, nourishing the Spleen and Lung, and supporting blood formation. Related terms: Spleen, Lung, Blood, Neutral. Example: Amaranth porridge is prescribed for post-partum women to replenish blood. Practical application includes blending with red bean for anemia. Challenges involve accessibility and patient preference for familiar grains.

**Angiogenesis Diet** – A diet rich in foods that promote healthy blood vessel formation, supporting Qi and Blood circulation. Related terms: Blood, Qi, Vessel, Antioxidants. Example: Including carrots, tomatoes, and dark leafy greens enhances angiogenic factors. Practically, it is used for patients recovering from stroke. Challenges include balancing angiogenic foods with those that may exacerbate dampness.

**Anti-Inflammatory Diet** – A dietary regimen focusing on foods that reduce internal inflammation, aligning with the TCM principle of clearing Heat and Damp-Heat. Related terms: Heat, Damp-Heat, Phlegm, Spices. Example: Turmeric, ginger, and omega-3-rich fish are recommended for rheumatoid arthritis. Practical use includes meal plans with low-glycemic vegetables. Challenges involve patient taste preferences and cultural dietary habits.

**Aroma Therapy Diet** – Integration of aromatic herbs and spices into meals to influence Qi and emotional health. Related terms: Qi, Shen, Aromatics, Scent. Example: Adding lavender to herbal tea calms the Shen. Practically, clinicians suggest citrus zest for digestive stagnation. Challenges include potential allergies and varying olfactory sensitivities.

**Bean Fermentation** – The process of fermenting soybeans to create products like miso and tempeh, which

are warm and aid Spleen Qi. Related terms: Spleen, Fermentation, Probiotics, Warm. Example: Miso soup supports digestion in patients with weak Spleen. Practical application includes recommending tempeh for vegetarians. Challenges involve sodium content and patient acceptance of fermented flavors.

Blood-Stasis Diet – Dietary recommendations aimed at moving stagnant Blood, often using bitter and spicy foods. Related terms: Blood, Stasis, Bitter, Spicy. Example: Consuming dandelion greens and black pepper helps dissolve stasis in menstrual disorders. Practical use includes a weekly “stasis-clearing” menu. Challenges include managing the harshness of bitter foods for sensitive palates.

Blood-Nourishing Diet – A diet that enriches Blood through iron-rich, sweet, and warm foods. Related terms: Blood, Sweet, Warm, Iron. Example: Red dates, goji berries, and lamb stew are classic Blood-nourishing meals. Practically, this diet is prescribed for anemia and postpartum recovery. Challenges involve dietary restrictions for patients with excess Heat.

Body-Heat Diet – A dietary plan that reduces internal Heat by emphasizing cooling foods. Related terms: Heat, Cooling, Yin, Moisture. Example: Watermelon, cucumber, and mint tea are recommended for summer Heat excess. Practical application includes daily cooling snack schedules. Challenges include seasonal availability and patient cravings for hot foods.

Bu-Dong (Supplement) Diet – A therapeutic diet that supplements deficient organ systems using specific foods. Related terms: Supplement, Organ, Deficiency, Nourish. Example: Sweet potatoes and pork are used to support deficient Lung Qi. Practically, clinicians tailor meals to the patient’s pattern of deficiency. Challenges involve balancing multiple organ needs in complex cases.

Caloric Balance – The principle of matching energy intake with expenditure to maintain healthy weight, considered in TCM as harmony between Qi and Blood. Related terms: Qi, Blood, Metabolism, Weight. Example: Adjusting portion sizes of rice based on activity level aligns with TCM’s “balanced diet.” Practical use includes diet diaries integrating TCM concepts. Challenges include modern sedentary lifestyles and high-calorie processed foods.

Camellia Oil – An oil extracted from tea seeds, regarded as neutral to slightly warm, beneficial for Lung and Skin health. Related terms: Lung, Skin, Neutral, Moisture. Example: Using camellia oil for sautéing vegetables supports Lung Yin. Practically, it is suggested for patients with dry cough. Challenges involve cost and limited availability in some regions.

Carbohydrate-Controlled Diet – Managing carbohydrate intake to prevent Damp-Heat accumulation, especially in patients with spleen deficiency. Related terms: Damp-Heat, Spleen, Sweet, Glycemic. Example: Replacing refined sugars with millet reduces dampness. Practical application includes meal plans with low-glycemic grains. Challenges include cultural reliance on rice and bread.

Celery Juice – A neutral, slightly bitter juice used to clear Heat and promote urination, aiding in Phlegm-Damp resolution. Related terms: Heat, Phlegm, Damp, Bitter. Example: Daily celery juice supports kidney yang in hypertension patients. Practically, clinicians advise fresh preparation to preserve nutrients. Challenges include taste acceptance and potential interference with certain medications.

Chai Hu (Bupleurum) Diet – Incorporating Bupleurum root into meals to harmonize Liver and Spleen, useful for emotional stagnation. Related terms: Liver, Spleen, Harmonize, Stagnation. Example: Bupleurum broth is served during stress-related digestive upset. Practical use includes weekly soups for mood regulation. Challenges involve bitterness and preparation time.

Chamomile – A herb with gentle cooling and calming properties, supporting Shen and reducing Heat in the Heart. Related terms: Shen, Heart, Cooling, Calm. Example: Chamomile tea before bedtime aids insomnia caused by Heat. Practically, it is recommended for patients with anxiety. Challenges include potential allergic reactions in sensitive individuals.

Chili Pepper – A warming spice that invigorates Yang and disperses Cold, used sparingly to avoid excess Heat. Related terms: Yang, Warm, Heat, Stimulation. Example: Adding a pinch of chili to winter stews strengthens Kidney Yang. Practical application includes dosage guidelines for different constitutions. Challenges involve gastrointestinal irritation and cultural taste preferences.

Cold-Season Diet – A diet tailored for winter, emphasizing warm, yang-supporting foods to counteract ambient Cold. Related terms: Winter, Yang, Warm, Nourish. Example: Lamb, ginger, and dried dates form the core of a cold-season menu. Practically, clinicians advise regular hot soups. Challenges include patients who prefer cold foods year-round.

Condiment Balance – The art of using sauces and seasonings to modulate the energetic qualities of a dish without creating excess Heat or Dampness. Related terms: Soy, Vinegar, Sugar, Salt. Example: Light soy sauce adds umami without overheating. Practical use includes portion control of salty condiments. Challenges involve hidden sugars and sodium in processed sauces.

Congestive-Heart-Failure Diet – Nutritional strategies to reduce Phlegm-Damp and support Heart Qi, often emphasizing light, easily digestible foods. Related terms: Heart, Phlegm, Damp, Light. Example: Steamed fish with ginger reduces fluid retention. Practically, meal plans limit dairy and fried foods. Challenges include patient compliance and comorbidities like hypertension.

Cooling Herbs – Herbs such as mint, chrysanthemum, and dandelion that possess cooling properties to clear Heat. Related terms: Heat, Cooling, Bitter, Moisture. Example: Mint tea alleviates oral Heat in fever patients. Practical application includes integrating cooling herbs into summer meals. Challenges involve balancing cooling effects with the need for warmth in certain individuals.

Cold-Food Sensitivity – A condition where consumption of cold or raw foods aggravates Spleen Qi, leading to digestive disturbances. Related terms: Spleen, Qi, Raw, Damp. Example: Advising patients to avoid salads in the evening improves bloating. Practically, clinicians suggest warm cooked vegetables. Challenges include cultural diets rich in raw vegetables.

Coix Seed (Yi Mi) – A grain with a neutral to slightly cold nature, useful for draining Damp-Heat and strengthening the Spleen. Related terms: Damp-Heat, Spleen, Neutral, Grain. Example: Coix congee is prescribed for summer heat excess. Practical use includes adding coix to soups for edema. Challenges involve patient unfamiliarity and texture preferences.

**Cold-Seasonal Foods** – Foods naturally occurring in winter that are warm and yang-supporting, such as root vegetables and dried meats. Related terms: Winter, Root, Warm, Yang. Example: Sweet potato mash provides both nourishment and warmth. Practically, seasonal menus incorporate these foods. Challenges include storage and supply chain limitations.

**Combined Therapy Diet** – A diet that integrates TCM principles with conventional nutrition recommendations, creating a holistic approach. Related terms: Integrative, Nutrition, TCM, Holistic. Example: A diabetes patient follows a low-glycemic diet enriched with bitter melon for Heat clearing. Practical application includes interdisciplinary care plans. Challenges involve reconciling differing dietary guidelines.

**Constitutional Diet** – Tailoring food choices to an individual's innate constitution (e.g., Yang-deficient, Yin-deficient) to promote balance. Related terms: Constitution, Yang, Yin, Balance. Example: A Yang-deficient person is advised to consume lamb and ginger. Practically, clinicians assess pulse and tongue to determine constitution. Challenges include the subjective nature of constitutional assessment.

**Cordyceps (Dong Chong Xia Cao)** – A fungus used as a tonic to strengthen Lung and Kidney Yang, often incorporated into soups. Related terms: Lung, Kidney, Yang, Tonic. Example: Cordyceps chicken soup supports chronic fatigue. Practical application includes dosage recommendations for athletes. Challenges involve high cost and limited availability.

**Detox Diet** – A regimen that reduces accumulated toxins by emphasizing light, high-fiber, and cooling foods, aligning with the TCM goal of clearing Heat and Dampness. Related terms: Toxin, Heat, Damp, Fiber. Example: A 7-day detox includes barley porridge and cucumber salad. Practically, it is used after over-indulgence. Challenges include patient fatigue and potential nutrient deficiencies.

**Digestive Enzyme-Rich Foods** – Foods naturally high in enzymes (e.g., pineapple, papaya) that aid Spleen Qi and promote smooth digestion. Related terms: Spleen, Enzyme, Digestion, Qi. Example: Papaya slices after meals help patients with bloating. Practical use includes timing recommendations. Challenges involve enzyme degradation with cooking.

**Diuretic Diet** – A diet promoting urination to eliminate excess Damp-Heat, often using foods with a slight bitter or salty quality. Related terms: Damp-Heat, Diuretic, Bitter, Salt. Example: Barley water and watermelon are staple diuretic drinks. Practically, clinicians advise moderate intake to avoid dehydration. Challenges include patient adherence during hot weather.

**Dry-Food Sensitivity** – A condition where consumption of dry, astringent foods worsens Lung Yin deficiency, leading to dry cough. Related terms: Lung, Yin, Dry, Astringent. Example: Reducing crackers and toast alleviates cough. Practical application includes recommending moist soups. Challenges involve cultural reliance on grain-based snacks.

**Eastern Mediterranean Diet** – A dietary pattern emphasizing olive oil, legumes, and fish, considered neutral to slightly warming, supporting Liver and Heart health. Related terms: Olive, Fish, Neutral, Liver. Example: Olive oil dressings are recommended for patients with Blood stasis. Practically, it integrates well with Western eating habits. Challenges include cost of quality olive oil.

**Egg Yolk Therapy** – Using egg yolk as a nutrient-dense, warming food to nourish Blood and support Yin in deficiency states. Related terms: Blood, Yin, Warm, Nutrient. Example: Steamed egg yolk with red dates is prescribed for postpartum women. Practical use includes dosage guidance. Challenges involve cholesterol concerns in Western medicine.

**Elephant Garlic** – A milder variant of garlic with a neutral to slightly warm nature, used to support Spleen Qi without generating excessive Heat. Related terms: Spleen, Warm, Mild, Qi. Example: Elephant garlic stir-fry is recommended for mild digestive sluggishness. Practically, it offers a less pungent alternative. Challenges include limited market availability.

**Energy-Balancing Diet** – A diet designed to harmonize the body's internal energy by aligning food energetics with the patient's current energetic state. Related terms: Qi, Energy, Balance, Energetics. Example: For a patient with excess Fire, a cooling diet with cucumber and barley is prescribed. Practical application includes periodic reassessment. Challenges involve dynamic changes in energetic patterns.

**Fermented Dairy** – Products such as yogurt and kefir that contain probiotics, considered warm and supportive of Spleen Qi when consumed in moderation. Related terms: Probiotic, Warm, Spleen, Fermented. Example: Warm kefir is recommended for patients with weak digestion. Practically, portion size is limited to avoid dampness. Challenges include lactose intolerance and Western skepticism.

**Five Flavors** – The classification of foods into sweet, sour, bitter, salty, and pungent, each influencing specific organ systems. Related terms: Flavor, Organ, Qi, Balance. Example: Sweet foods nourish Spleen, while bitter clears Heat from Heart. Practical use includes menu planning to achieve flavor balance. Challenges involve patients' limited palate for certain flavors.

**Five Elements** – The framework of Wood, Fire, Earth, Metal, and Water, each associated with organ pairs and dietary recommendations. Related terms: Element, Organ, Zang-Fu, Correspondence. Example: Earth-associated foods (e.g., sweet potatoes) support Spleen and Stomach. Practically, dietitians map meals to elemental needs. Challenges include translating elemental theory into modern nutritional language.

**Five Grains** – Traditional Chinese staple grains (rice, millet, wheat, sorghum, barley) each with distinct energetic properties. Related terms: Grain, Energy, Warm, Neutral. Example: Barley is cooling and aids digestion in summer. Practical application includes rotating grains for balanced nutrition. Challenges involve gluten sensitivities and modern grain preferences.

**Food-Qi Interaction** – The concept that foods possess their own Qi, which can augment or diminish the body's Qi when ingested. Related terms: Qi, Food, Interaction, Energetics. Example: Consuming warm ginger boosts Qi in cold-type patients. Practically, clinicians assess the net Qi effect of meals. Challenges include quantifying Qi strength objectively.

**Food-Therapy (Shi Liao)** – The systematic use of food as medicine to prevent and treat disease, grounded in TCM theory. Related terms: Therapy, Nutrition, Prevention, Balance. Example: Red bean soup is used to clear Heat from the Blood. Practical application includes prescribing specific recipes. Challenges involve integrating with patients' culinary skills.

**Fruit-Based Diet** – A diet emphasizing fresh fruits, which are generally sweet and cooling, supporting Yin and Blood. Related terms: Fruit, Sweet, Cooling, Yin. Example: Pear and apple slices are recommended for throat dryness. Practically, portion control is emphasized to avoid excess Damp. Challenges include sugar content concerns for diabetic patients.

**GABA-Rich Foods** – Foods high in gamma-aminobutyric acid, such as fermented soybeans, which calm the Shen and support sleep. Related terms: Shen, Sleep, Fermented, Calm. Example: Natto is suggested for insomnia due to its GABA content. Practical use includes timing meals before bedtime. Challenges involve strong odors and texture aversion.

**Ganoderma (Reishi)** – A mushroom with neutral to slightly bitter properties, used to tonify Qi and calm the Shen. Related terms: Qi, Shen, Bitter, Tonic. Example: Ganoderma tea is prescribed for chronic fatigue. Practically, dosage is standardized for safety. Challenges include bitterness and patient willingness to consume mushroom teas.

**Ganjiang (Dry Ginger)** – A dried form of ginger with strong warming properties, used to treat cold-type conditions and strengthen Spleen Qi. Related terms: Warm, Dry, Spleen, Cold. Example: Ganjiang decoction is used for cold hands and feet. Practical application includes dosage charts for different ages. Challenges involve potential irritation of the gastrointestinal tract.

**Garlic** – A pungent, warming herb that disperses Cold, promotes Qi circulation, and eliminates Phlegm-Damp. Related terms: Warm, Pungent, Qi, Phlegm. Example: Fresh garlic is added to soups for patients with cold-type asthma. Practically, clinicians advise moderate use to avoid excess Heat. Challenges include breath odor and patient intolerance.

**Gentian Root (Long Dan Cao)** – A bitter herb that clears Liver Heat and dries Dampness, often used in teas. Related terms: Liver, Heat, Bitter, Dry. Example: Gentian tea is prescribed for hepatitis-related Heat. Practical use includes short-term treatment periods. Challenges involve strong bitterness and potential hepatotoxicity at high doses.

**Ginseng (Ren Shen)** – A highly prized adaptogenic root that tonifies Qi, especially Lung and Spleen, and is used in both raw and processed forms. Related terms: Qi, Lung, Spleen, Adaptogen. Example: Ginseng broth supports patients recovering from chemotherapy. Practically, dosage is individualized based on constitution. Challenges include cost and potential overstimulation in Yin-deficient patients.

**Gluten-Free Diet** – A diet eliminating wheat, barley, and rye, often advised for patients with Spleen dampness exacerbated by grain-induced stagnation. Related terms: Spleen, Damp, Grain, Sensitivity. Example: Rice noodles replace wheat noodles for those with chronic bloating. Practical application includes recipe substitution guides. Challenges involve nutritional adequacy and patient familiarity with gluten-free products.

**Goji Berries (Gou Qi)** – Sweet, slightly warm berries that nourish Liver and Kidney Yin and support Blood. Related terms: Liver, Kidney, Yin, Blood. Example: Goji tea is recommended for visual fatigue. Practically, clinicians suggest daily portion limits to avoid excess sweetness. Challenges include sugar content and sourcing authentic berries.

**Green Tea** – A cooling, slightly bitter beverage that clears Heat, promotes digestion, and provides antioxidant benefits. Related terms: Cooling, Bitter, Antioxidant, Digestion. Example: Green tea after meals aids in reducing post-prandial Heat. Practical use includes advising patients to avoid adding sugar. Challenges involve caffeine sensitivity.

**Grain-Based Diet** – A diet centered on whole grains, considered neutral to warm, supporting Spleen Qi and providing stable energy. Related terms: Grain, Spleen, Neutral, Energy. Example: Millet porridge is a staple for early-morning nourishment. Practically, clinicians emphasize whole-grain over refined varieties. Challenges include gluten concerns and modern preference for low-carb diets.

**Heat-Clearing Diet** – A dietary regimen focused on cooling, bitter, and astringent foods to reduce internal Heat. Related terms: Heat, Cooling, Bitter, Astringent. Example: Chrysanthemum tea and cucumber salad are core components. Practical application includes seasonal menu adjustments. Challenges involve patient cravings for spicy, warming foods.

**Herbal Food Pairing** – The strategic combination of herbs and foods to enhance therapeutic effects, such as pairing ginger with carrots to boost Qi and Blood. Related terms: Herb, Food, Synergy, Therapeutic. Example: Carrot-ginger soup supports circulation in peripheral neuropathy. Practically, dietitians design recipes with synergistic pairs. Challenges involve complexity of flavor profiles.

**Huang Qi (Astragalus) Diet** – Incorporating Astragalus root into meals to tonify Qi and strengthen immunity. Related terms: Qi, Immunity, Tonic, Warm. Example: Astragalus broth is recommended for patients with frequent colds. Practical use includes long-term supplementation guidelines. Challenges include bitter taste and patient compliance.

**Immune-Boosting Diet** – A diet rich in foods that support Wei Qi, such as mushrooms, garlic, and warm grains, to protect against external pathogens. Related terms: Wei Qi, Warm, Tonic, Protective. Example: Shiitake mushroom stir-fry is a staple for immune support. Practically, clinicians tailor plans for patients undergoing immunosuppressive therapy. Challenges involve balancing immune activation with autoimmune risk.

**Jia-Wei (Aromatic) Diet** – A diet that utilizes aromatic herbs and spices to open the senses, move Qi, and uplift the Shen. Related terms: Aromatic, Qi, Shen, Uplift. Example: Adding star anise to broth helps alleviate depressive moods. Practical application includes scent-based therapy sessions. Challenges include cultural acceptability and potential allergic reactions.

**Jujube (Red Date)** – Sweet, warm fruit used to tonify Blood, Spleen, and Lung Qi. Related terms: Blood, Sweet, Warm, Spleen. Example: Red date tea is prescribed for fatigue and anemia. Practically, clinicians advise soaking dates before use. Challenges include high sugar content for diabetic patients.

**Kelp (Seaweed)** – A mineral-rich, cooling sea vegetable that supports Kidney Yin and reduces Heat. Related terms: Kidney, Yin, Cooling, Mineral. Example: Kelp soup is recommended for patients with hypertension. Practical use includes dosage limits due to iodine content. Challenges involve patient unfamiliarity with seaweed textures.

**Kidney-Yang Diet** – A diet emphasizing warming, yang-supporting foods to strengthen Kidney function. Related terms: Kidney, Yang, Warm, Tonic. Example: Lamb and cinnamon stews are core components. Practically, clinicians schedule regular warm meals for chronic fatigue. Challenges include avoiding excess Heat in patients with concurrent Yin excess.

**Lactose-Reduced Diet** – Reducing dairy intake to alleviate Spleen dampness and improve digestion in lactose-intolerant individuals. Related terms: Spleen, Damp, Lactose, Intolerance. Example: Substituting almond milk for cow's milk eases bloating. Practical application includes providing alternative calcium sources. Challenges involve ensuring adequate vitamin D intake.

**Leafy Greens** – Foods such as spinach, kale, and bok choy that are slightly bitter, cooling, and rich in chlorophyll, supporting Liver and Blood. Related terms: Bitter, Cooling, Liver, Blood. Example: Steamed kale is recommended for patients with Liver Heat. Practically, clinicians advise quick cooking to preserve nutrients. Challenges include patient aversion to bitterness.

**Leptin-Modulating Diet** – A dietary approach that influences the hormone leptin to regulate appetite, often using low-glycemic, high-fiber foods to stabilize Qi. Related terms: Appetite, Qi, Fiber, Hormone. Example: Incorporating oat bran reduces cravings in overweight patients. Practical use includes meal timing strategies. Challenges involve patient adherence to low-sugar diets.

**Lime (Citrus Aurantium)** – A sour, cooling fruit that disperses Liver Qi and aids digestion. Related terms: Sour, Liver, Cooling, Digestion. Example: Lime juice is added to salads for patients with food stagnation. Practically, clinicians suggest moderate use to avoid excess acidity. Challenges include dental erosion concerns.

**Liver-Balancing Diet** – A diet that emphasizes sour and bitter foods to regulate Liver Qi and prevent stagnation. Related terms: Liver, Sour, Bitter, Qi. Example: Dandelion greens and lemon are core components. Practical application includes meal plans for stress-related digestive issues. Challenges involve patient taste preferences for sourness.

**Longan (Dragon Eye)** – Sweet, warm fruit that nourishes Heart Blood and calms the Shen, often used in desserts. Related terms: Heart, Blood, Sweet, Warm. Example: Longan soup is prescribed for insomnia due to Heart deficiency. Practically, clinicians advise limited portion to prevent excess Heat. Challenges include sugar load for diabetic patients.

**Low-Sodium Diet** – Reducing salt intake to prevent Damp-Heat accumulation, especially in patients with hypertension or kidney issues. Related terms: Salt, Damp-Heat, Hypertension, Kidney. Example: Using low-sodium soy sauce and herbs for flavor. Practical use includes patient education on label reading. Challenges involve cultural reliance on salty condiments.

**Macronutrient Balance** – Aligning protein, carbohydrate, and fat intake with TCM principles to support organ health and Qi flow. Related terms: Protein, Carbohydrate, Fat, Qi. Example: Moderate protein from fish supports Kidney Yin, while complex carbs from millet sustain Spleen Qi. Practically, dietitians calculate macro ratios per patient. Challenges include reconciling TCM recommendations with Western macro-counting methods.

**Ma Huang (Ephedra) Caution** – Recognizing that Ephedra, a strong warming herb, should be used with caution due to its potent stimulant effects. Related terms: Warm, Stimulant, Caution, Toxicity. Example: Ephedra is avoided in patients with hypertension. Practical guidance includes alternative warming herbs like ginger. Challenges involve patients seeking rapid weight loss.

**Mandarin Orange** – Sweet, slightly warm fruit that supports Spleen Qi and aids digestion. Related terms: Spleen, Sweet, Warm, Digestion. Example: Fresh mandarin slices are recommended for weak appetite. Practically, clinicians suggest timing fruit between meals. Challenges include citrus sensitivity and potential interaction with certain medications.

**Matcha Green Tea** – A concentrated, cooling beverage rich in antioxidants, supporting Heat clearance and mental focus. Related terms: Cooling, Antioxidant, Focus, Heat. Example: Matcha latte with almond milk is prescribed for students with study-related stress. Practical use includes dosage limits to avoid caffeine excess. Challenges involve cost and preparation skill.

**Medical Nutrition Therapy (MNT)** – The application of evidence-based nutrition interventions in conjunction with TCM dietary principles for disease management. Related terms: Evidence-Based, Nutrition, Disease, Integration. Example: MNT for chronic kidney disease incorporates low-protein, yin-nourishing foods. Practically, clinicians coordinate with dietitians. Challenges include reconciling conflicting dietary restrictions.

**Melon (Watermelon, Cantaloupe)** – Cooling, sweet fruits that clear Heat and replenish fluids, beneficial for Summer Heat and Lung dryness. Related terms: Cooling, Sweet, Fluid, Lung. Example: Watermelon slices are recommended for febrile patients. Practical application includes portion control to avoid dampness. Challenges involve seasonal availability.

**Milk Thistle (Silybum)** – A bitter herb that clears Liver Heat and protects Liver Yin, often used as a supplement. Related terms: Bitter, Liver, Heat, Protect. Example: Milk thistle capsules support patients with hepatitis. Practically, dosage is standardized. Challenges include patient reluctance to take pills versus food.

**Mung Bean (Lù Dòu)** – A cooling, bitter legume used to clear Heat and detoxify the body, especially in summer. Related terms: Cooling, Bitter, Detox, Summer. Example: Mung bean soup is prescribed for Heat stroke recovery. Practical use includes recommending raw bean sprouts for added texture. Challenges involve digestive tolerance for legumes.

**Naïve Diet** – A simple, bland diet for patients recovering from acute illness, focusing on easy-to-digest foods to support Spleen Qi. Related terms: Blunt, Spleen, Recovery, Simple. Example: Congee with a small amount of salted vegetables is typical. Practically, clinicians advance foods gradually as tolerance improves. Challenges include patient boredom and nutritional adequacy.

**Niacin-Rich Diet** – Incorporating niacin-dense foods like turkey and mushrooms to support Blood circulation and reduce stagnation. Related terms: Blood, Circulation, Niacin, Stagnation. Example: Turkey broth is used for patients with peripheral circulation issues. Practical application includes cooking methods preserving niacin. Challenges involve balancing niacin intake with other macro-nutrients.

**Night-time Digestive Support** – Dietary recommendations for evening meals that avoid heavy, cold foods to prevent Spleen Qi stagnation overnight. Related terms: Evening, Spleen, Cold, Light. Example: Warm vegetable stew is advised instead of raw salads after 7 pm. Practically, clinicians set meal timing guidelines. Challenges include cultural dinner customs with heavy foods.

**Nutri-Qi Assessment** – An evaluative tool combining pulse, tongue, and dietary history to determine how food influences a patient's Qi. Related terms: Assessment, Pulse, Tongue, Qi. Example: A practitioner notes a patient's tendency toward Cold after consuming ice cream. Practical use includes adjusting diet accordingly. Challenges involve practitioner skill variability.

**Oats** – A neutral, slightly sweet grain that strengthens Spleen Qi and provides steady energy. Related terms: Spleen, Neutral, Energy, Grain. Example: Warm oat porridge is recommended for morning fatigue. Practically, clinicians suggest adding goji for Blood support. Challenges include gluten cross-contamination concerns.

**Obesity Management Diet** – A TCM-informed plan that reduces Damp-Heat, promotes Qi circulation, and incorporates low-fat, high-fiber foods. Related terms: Damp-Heat, Qi, Fiber, Low-Fat. Example: Steamed vegetables with a drizzle of sesame oil are core meals. Practical application includes regular monitoring of tongue coating. Challenges include patient motivation and lifestyle changes.

**Olive Oil** – A neutral, slightly warming oil that supports Liver and Heart, often used in moderate amounts for cardiovascular health. Related terms: Heart, Liver, Neutral, Warm. Example: Olive oil dressing is recommended for patients with blood stasis. Practically, clinicians advise limiting intake to 1-2 tablespoons daily. Challenges involve cost and patient preference for other oils.

**Onion** – A pungent, warming vegetable that disperses Cold, promotes Qi, and aids respiratory function. Related terms: Pungent, Warm, Qi, Respiratory. Example: Onion broth is prescribed for chronic bronchitis. Practical use includes sautéing with ginger for synergistic warming effect. Challenges include gastrointestinal sensitivity in some patients.

**Omega-3-Rich Diet** – A diet emphasizing fatty fish, flaxseed, and walnuts to reduce internal Heat and support Blood fluidity. Related terms: Heat, Blood, Fluidity, Anti-Inflammatory. Example: Salmon with ginger is a staple for patients with cardiovascular disease. Practically, clinicians suggest weekly fish intake. Challenges involve sustainability concerns and fish allergies.

**Orange (Citrus Sinensis)** – Sweet and slightly warm fruit that supports Spleen Qi and provides Vitamin C for immune function. Related terms: Spleen, Sweet, Warm, Immune. Example: Fresh orange segments are recommended for patients with frequent colds. Practical application includes timing fruit before meals to aid digestion. Challenges include acidity for patients with reflux.

**Palate-Based Diagnosis** – Assessing taste preferences (e.g., craving sweet, salty, or bitter) to infer underlying organ imbalances. Related terms: Taste, Diagnosis, Preference, Organ. Example: Strong craving for salty foods may indicate Kidney Yang deficiency. Practically, clinicians incorporate palate queries into intake forms. Challenges involve cultural dietary habits influencing cravings.

Peanut – Warm, oily food that nourishes Kidney and Lung, but can generate Dampness if overconsumed. Related terms: Warm, Oily, Kidney, Damp. Example: Peanut sauce is advised in moderation for patients with chronic cough. Practical use includes recommending roasted rather than fried forms. Challenges include allergy risk and high caloric density.

Peony (Bai Shao) – A mildly bitter, slightly cool herb that nourishes Blood and harmonizes Liver, often used in food preparations. Related terms: Blood, Liver, Bitter, Cool