

DIETARY ADVICE

Spleen strengthening diet guidelines

Spleen Strengthening Diet Sheet

General things to include when thinking about preparing food:

- Thick, well cooked soups and stews.
- Sweet (not sugar) Root vegetables.
- Don't skip meals. Its important that you have breakfast, lunch and dinner
- Choose Complex Carbohydrates over Simple Carbohydrates
- Drink little fluid with meals. In between meals is best.
- Separate fruit and sweetened food from main meals.
- Yellow/orange tone of food supports the spleen.
- When eating sit in an open and untwisted position to aid digestion.
- Chew your food well to aid digestion.
- Avoid Late night eating.
- Avoid over eating.

<u>Foods to eat</u>	<u>Foods to avoid</u>
<p>Vegetables: Squash, Carrot, Parsnip, Turnip, Sweet potato, Yam, Pumpkin, Corn on the Cob, Celery, Seaweed, watercress.</p> <p>Flavourings: Onion, Black Pepper, Ginger, Cinnamon, Fennel, Garlic, Nutmeg, Sage.</p> <p>Small Amounts of Meat: Mackerel, Tuna, Anchovy, Beef, Chicken, Turkey or Lamb (accompany meat with horseradish or mustard if possible)</p> <p>Beans: All Beans especially Aduki,</p> <p>Fruits: To be eaten between meals- Papaya, Pineapple and Pears</p> <p>Fluids: Barley Water Jasmine/green tea aids digestion Warm Water and Herbal teas</p>	<p>Main Foods To Avoid:</p> <ul style="list-style-type: none"> • Cow's Milk and cheese (Goats/sheeps are much better) • Fatty Meats and Fried Food • Saturated Fats, Sugar and Sweeteners • Wheat and bread • Processed Food • Bananas • Cold and Raw Foods <p>Fluids:</p> <ul style="list-style-type: none"> • Beer • Carbonated Water • Fizzy drinks. • Ice water

Include complex Carbohydrates ☺	Avoid simple Carbohydrates ☹
Bran, Wheatgerm, Barley, Maize, Buckwheat, Cornmeal, Oatmeal, Pasta (wholemeal), Brown rice, Potatoes, Porridge oats Corn, Oatcakes, Lentils, Beans	Table sugar, Corn syrup, Fruit juice, Candy, Cake Fizzy Drinks, All baked goods made with white flour

Add barley in soup or casserole, this can resolve dampness.