

# HEAT DIET

## GENERAL PRINCIPLES

Bitter, cool, pungent foods are beneficial in general, a higher proportion of raw foods, vegetables and fruits are appropriate. This approach to diet is also beneficial for people who are constitutionally hot or yang excess, even in the absence of specific symptoms.

### Chronic Heat Patterns

Cooking methods that increase the warming thermal nature of foods, such as roasting, frying and deep-frying are not appropriate, light cooking, such as steaming and stir-frying is recommended. Some whole raw foods are useful, relative to any accompanying degree of deficiency. Combine raw foods with cooked foods or use light blanching to slightly warm food while retaining freshness. Avoid heating and stimulating substances, in particular alcohol, coffee, red meats, rich, creamy food and deep-fried food. Diuretic foods such as celery, cucumber and beetroot, are useful to stimulate urinate and provide an escape route for the Heat.

## GENERAL COMMENTS

YES: Short cooking times, cooking in plenty of water, steaming, stir frying; water soups with plenty of vegetables, some raw foods (especially salad items, sprouts, juices); more liquids in general

NO: deep frying, BBQ or roasting; overeating

## BENEFICIAL

Celery, spinach, swiss chard, cucumber, lettuce, radish, asparagus, eggplant, savoy and Chinese cabbage, tomato, broccoli, cauliflower, zucchini, apple, pear, watermelon, millet, wheat, barley, tofu, tempeh, soy, milk, yogurt, mung bean and alfalfa sprouts, kelp, spirulina, crab

## STOMACH HEAT

Mucilaginous foods to cool, moisten and line the stomach: rice, barley, millet or oat porridge, banana, avocado, cucumber, spinach, lettuce, rocket watercress, cabbage, tofu, so, milk, yogurt

## LIVER HEAT

Peppermint, mung beans and sprouts, celery, radish, daikon, kelp, lettuce, dandelion, cucumber, watercress, millet, tofu

## HEAT IN THE LUNGS

Watercress, apple, pear, peach, strawberry, lemon, radish, carrot, pumpkin, cabbage, cauliflower, spinach, swiss chard, white fungus

## HEAT IN THE BLOOD

Cooling and haemostatic foods for bleeding: eggplant, spinach, swiss chard, persimmon, lemon, celery, lettuce, olive

## RESTRICT OR AVOID

Chillies, cinnamon, ginger, black pepper, garlic, mustard, horseradish, coffee, chocolate, heated, vegetable oils, red meat, chicken, alcohol, vinegar, prawns, mantis shrimp, cheese, eggs, excessive salt, peanuts.

\*The above information is taken from the [Clinical Handbook of Internal Medicine](#) by Will Maclean and Jane Lyttleton