

Foods That Nourish Blood

Use organic sources of meat when possible. Cooking in an iron pan builds iron which benefits the blood.

Foods That Nourish Blood

* - the more tonifying

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- Meat - regular small amounts *
- Poultry
- Soup/stock from bones ** (Add a little vinegar to leach out the calcium)
- Egg Yolk
- Legumes--Especially dark or red-colored
- Whole Grains
- Green Leafy Vegetables--Especially dark
- Beets
- Nettles
- Carrots
- Dark or Red-colored Fruit
- Fermented Soy Products: Miso, Tempeh, Tofu
- Molasses
- Seaweeds/Sea Vegetables
- Dates
- Shiitake Mushrooms
- Sage
- Mugwort Mochi *
- Alfalfa
- Dandelion Root
- Artichoke Leaf

Foods That Deplete Blood

- Sugar
- Excessive Alcohol
- Saturated Fats
- Hydrogenated Oils
- Stimulants