

Eastern Nutrition

Properties of foods...

Fruits

Substances	Qualities	Functions and Indications
Apple	Cool Sweet Slightly Sour Lung Spleen Stomach Heart	Tonifies spleen qi Generate fluids Aids digestion Promotes urination Transforms phlegm Detox Calms shen (red apples)
Apricot	Cool Sweet Sour Lung	Moistens lung Stops coughing
Avacado	Cool Sweet Liver Lung Stomach Large Intestine	Soothes the liver Nourishes liver blood Moistens lung and stomach Aids digestion
Pears	Cool Sweet Slightly Sour Lung Stomach	Moistens lung and stomach Clears heat (lung and stomach) Transforms phlegm Promotes Urination
Loquat	Cool Sweet Lung Stomach	Calms the stomach Relieves nausea and vomiting
Banana	Cold Sweet Lung Spleen Stomach	Promotes Urination Clears toxins Moistens intestines
Grapefruit	Cold Sweet Sour Liver Spleen Stomach	Regulates qi Transforms phlegm Aids digestion Clears toxins Generates fluids