

Eastern Nutrition

Properties of foods...

Grains

Substances	Qualities	Functions and Indications
Rice	Neutral Sweet Spleen Stomach	Tonifies spleen qi Stops diarrhea Increase qi Expels Toxins
Brown Rice		Aids in digestion Resolves food stagnation
Sweet Rice	Warm Sweet Spleen Stomach	Tonifies spleen qi Stops sweating Calms the fetus
Wheat (xiao mai)	Cool Sweet Heart Kidney Spleen	Tonifies spleen qi Benefits thirst Clears heat Diabetes
Barley (dai mai)	Cool Salty Sweet Spleen Stomach	Tonifies spleen qi Clears Toxins Promotes urination
Corn (yu mi xu)	Neutral Sweet Kidney Liver Stomach	Harmonizes the middle jiao Promotes urination: uti Moves bowels: colon cancer Transforms phlegm: jaundice
Millet (xiao mi)	Cool Sweet Salty Spleen Heart Kidney	Tonifies heart qi: insomnia Tonifies spleen qi Tonifies kidney qi Clears empty heat Stops diarrhea
Oats (yan mai)	Warm Sweet Slightly Bitter Spleen Kidney	Tonifies spleen qi Tonifies bones Spread liver qi