

# Spleen Qi Deficiency Diet

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Best Foods to Eat	Foods to Avoid
Warm, cooked foods – soups, stews, porridge, steamed or roasted veggies	Cold/raw foods – salads, cold smoothies, iced drinks
Whole grains – rice, oats, quinoa, millet	Dairy & greasy foods – cheese, butter, deep-fried foods
Root vegetables – sweet potato, pumpkin, carrot, beetroot	Refined sugars & processed foods – pastries, soft drinks, lollies
Gentle proteins – chicken, fish, eggs, tofu, lentils	Too much raw fruit – bananas, oranges, melons (especially cold)
Mildly sweet fruits – apple, pear, dates, figs (best cooked)	Excess fluids – avoid drinking too much during meals
Herbs & spices – ginger, cinnamon, turmeric, cardamom (to warm digestion)	
Healthy fats – sesame oil, olive oil, small amounts of nuts	

Lifestyle Tips for Better Digestion	
Do This	Avoid This
Eat at regular times & chew food well	Eating in a rush or while stressed
Relax while eating & enjoy meals	Overeating or skipping meals
Keep your belly warm – dress warmly, avoid cold exposure	Drinking large amounts of cold drinks
Gentle movement like walking or Tai Chi aids digestion	Sitting or lying down immediately after meals

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