

Yin Yang Foods

Use this list to balance your moods and energy by learning the characteristics of each (Yin Yang) and then eating the appropriate foods to balance your extremes. Please note that yo-yoing between extremes is not healthy either, i.e. using alcohol (Yin) to balance meat (Yang). The following are accumulated from many sources.

Yin

Characteristics

Expansive, Manifestation, Magnetism, Down, In, Cooling, Wet, Dark, Moon, Creative
Relaxed, Female, Time, Dark colors, Passive and resting
Dull, Negative, Death

Foods

Fresh, Raw
Chemicals, preservatives, most medications, Alcohol, SUGARS
Coffee, spices, chocolate, caffeinated or stimulant teas
Tropical fruits and juices
Fats and Oils
Nightshade vegetables (potatoes, tomatoes, peppers, eggplant)
Fresh and soft dairy products (milk, cottage cheese, fresh goat cheese)

Neutralizing

Temperate fruits (apples, pears, berries, stone fruits, etc)
Nuts
Leafy green vegetables, Round vegetables
Beans, tofu, tempeh
Root vegetables, Sea vegetables
Whole grains
Fish

Yang

Characteristics

Contracting, Potential, Electricity, Up, Out
Heating, Dry, Light, Sun
Focused and Concentrated
Male, Space, Light colours
Activity, Bright, Positive, Life

Foods

Stews, Baking, High pressure cooked
Poultry, Seafood
Miso, tamari, shoyu
Salty and aged cheeses
Red meat, Eggs, Caviar
Sea salt