

Your Personalized Seasonal Food Guide

Traditional Chinese Medicine Nutrition
Based on Your Constitutional Type

"**食同源**" - Food and medicine share the same source
Ancient Chinese Wisdom

<div>■ Spring</div>	<div>■■ Summer</div>	<div>■ Autumn</div>	<div>❄ ■ Winter</div>
Liver Support	Heart Cooling	Lung Moistening	Kidney Warming

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Based on scientifically-validated TCM constitutional assessment

Understanding Your Constitutional Type

Traditional Chinese Medicine recognizes that each person has a unique constitutional pattern that affects how they respond to foods, seasons, and environmental changes. Your constitutional type influences which foods will optimize your energy, digestion, and overall wellbeing. This guide provides personalized food recommendations based on your specific constitutional pattern, organized by season to help you eat in harmony with natural cycles. Each recommendation is grounded in both traditional TCM principles and modern nutritional science.

How to Use This Guide

- 1. Find Your Season:** Each section focuses on one season's recommendations.
- 2. Locate Your Constitution:** Look for your specific constitutional type in each seasonal section.
- 3. Emphasize & Minimize:** Focus on "emphasize" foods while reducing "minimize" foods.
- 4. Try the Recipes:** Constitutional-specific recipes are included in each section.
- 5. Adjust Gradually:** Make changes slowly and notice how your body responds.

■ SPRING FOODS - Liver Support & Gentle Detox

Spring is the season of growth and renewal. In TCM, spring corresponds to the Liver organ system, which governs the smooth flow of Qi (energy) throughout the body. Spring foods should support liver function, promote gentle detoxification, and help the body transition from winter's storage mode to spring's growth phase.

Qi Deficient Constitution

Principle: Gentle tonification with easily digestible foods

EMPHASIZE	MINIMIZE
Chicken soup, Chinese yam, Red dates, Honey, Rice porridge, Spring onions	Sour foods, Raw foods, Excessive fiber

Yang Deficient Constitution

Principle: Warming foods to support Yang energy

EMPHASIZE	MINIMIZE
Leeks, Chives, Ginger tea, Warm congee, Fennel, Lamb	Raw sprouts, Cold salads, Iced beverages

Yin Deficient Constitution

Principle: Nourish Yin while supporting liver function

EMPHASIZE	MINIMIZE
Spinach, Asparagus, Pears, Tofu, Black sesame, Duck eggs	Excessive lamb, Spicy foods, Drying foods

Phlegm-Dampness Constitution

Principle: Light foods that transform dampness

EMPHASIZE	MINIMIZE
Barley, Job's tears, Celery, Radish, Mushrooms, Green tea	Dairy, Greasy foods, Sweets

Spring Recipe: Liver-Supporting Green Soup

Good for most constitutions, especially Qi Deficient and Phlegm-Dampness

Ingredients:

- 2 cups vegetable broth
- 1 cup fresh spinach, chopped
- 1/2 cup asparagus, chopped
- 1/4 cup spring onions, sliced
- 1 tsp fresh ginger, minced
- 1 tbsp sesame oil
- Salt and white pepper to taste

Instructions:

1. Heat sesame oil in a pot over medium heat
2. Sauté ginger and spring onions for 1 minute
3. Add vegetable broth and bring to boil
4. Add asparagus, simmer 3 minutes
5. Add spinach, cook until wilted
6. Season with salt and white pepper
7. Serve warm, perfect for spring cleansing

■■ SUMMER FOODS - Heart Cooling & Heat Management

Summer corresponds to the Heart organ system in TCM. The focus should be on cooling foods that clear heat while maintaining cardiovascular health. Summer foods should be light, hydrating, and help the body manage external heat without damaging digestive fire.

Qi Deficient Constitution

Principle: Gentle cooling without damaging spleen

EMPHASIZE	MINIMIZE
Mung bean soup (room temp), Lotus seed, Lily bulb, Duck, Light congee	Iced drinks, Raw foods, Excessive cold

Yang Deficient Constitution

Principle: Maintain warmth even in summer heat

EMPHASIZE	MINIMIZE
Ginger (moderate), Warm soups, Cooked vegetables, Room temperature foods	Ice cream, Frozen foods, Watermelon

Yin Deficient Constitution

Principle: Strongly cooling and moistening foods

EMPHASIZE	MINIMIZE
Watermelon, Cucumber, Mung beans, White fungus, Coconut water	Grilled meats, Spicy foods, Alcohol

Damp-Heat Constitution

Principle: Clear heat and drain dampness

EMPHASIZE	MINIMIZE
Bitter melon, Winter melon, Cucumber, Green tea, Corn silk tea	Greasy foods, Alcohol, Spicy foods

Summer Recipe: Cooling Mung Bean & Lily Bulb Soup

Excellent for Yin Deficient and Damp-Heat constitutions, moderate for others

Ingredients:

- 1 cup mung beans, soaked 2 hours
- 1/2 cup fresh or dried lily bulb
- 6 cups water
- 2 tbsp rock sugar (optional)
- 1 tsp lotus seed (optional)

Instructions:

1. Rinse mung beans and lily bulb
2. Bring water to boil, add mung beans
3. Simmer 30 minutes until beans soften
4. Add lily bulb, cook 15 minutes more
5. Add rock sugar if desired
6. Cool to room temperature before serving
7. Perfect for hot summer afternoons

■ AUTUMN FOODS - Lung Moistening & Dryness Prevention

Autumn corresponds to the Lung organ system and the Metal element. This season tends toward dryness, so foods should be moistening and nourishing to prepare the body for winter. Focus on foods that support respiratory health and prevent autumn dryness symptoms.

Qi Deficient Constitution

Principle: Moistening foods that support lung Qi

EMPHASIZE	MINIMIZE
Pears (cooked), Sweet potato, Pumpkin, White fungus, Almonds, Honey	Spicy foods, Very dry foods, Raw pears

Yang Deficient Constitution

Principle: Warming foods to prepare for winter

EMPHASIZE	MINIMIZE
Lamb stew, Pumpkin, Star anise, Cardamom, Warm soups	Raw fruits, Cold foods, Persimmons

Yin Deficient Constitution

Principle: Strongly moistening and Yin-nourishing foods

EMPHASIZE	MINIMIZE
Pears, Duck, Lotus root, White fungus, Sesame, Honey	Dry roasted foods, Alcohol, Excessive spice

Phlegm-Dampness Constitution

Principle: Light, digestible foods in smaller amounts

EMPHASIZE	MINIMIZE
White radish, Tangerine peel, Pumpkin, Small portions	Nuts, Heavy oils, Rich foods

Autumn Recipe: Moistening Pear & White Fungus Soup

Excellent for Yin Deficient, good for all constitutions to prevent autumn dryness

Ingredients:

- 2 Asian pears, peeled and cubed
- 1/2 cup white fungus, soaked and torn
- 1/4 cup rock sugar
- 6 cups water
- 1 tbsp goji berries (optional)
- 1 tsp almond extract (optional)

Instructions:

1. Soak white fungus until soft, remove hard stems
2. Bring water to boil, add white fungus
3. Simmer 45 minutes until fungus becomes gelatinous
4. Add pear cubes and rock sugar
5. Cook 15 minutes until pears are tender
6. Add goji berries in last 5 minutes
7. Serve warm, perfect for dry autumn weather

❄️ ■ WINTER FOODS - Kidney Warming & Energy Storage

Winter corresponds to the Kidney organ system, which governs fundamental energy, reproduction, and growth. Winter foods should be deeply nourishing, warming, and support the body's storage of essence (Jing) for the coming year. This is the time for the richest, most tonifying foods.

Qi Deficient Constitution

Principle: Warming, tonifying foods to build energy

EMPHASIZE	MINIMIZE
Lamb, Beef, Chicken broth, Ginger, Cinnamon, Walnuts, Chestnuts	Raw vegetables, Cold salads, Iced beverages

Yang Deficient Constitution

Principle: Maximum warming foods to support Yang

EMPHASIZE	MINIMIZE
Lamb hotpot, Venison, Bone broth, Cloves, Black pepper, Dried ginger	All raw/cold foods, Excessive fruits, Cold drinks

Yin Deficient Constitution

Principle: Nourish Yin while providing winter warmth

EMPHASIZE	MINIMIZE
Black sesame, Duck, Oysters, Bone marrow, Seaweed, Eggs	Heavy spices, Excessive meat, Drying foods

Blood Stasis Constitution

Principle: Foods that move blood and provide warmth

EMPHASIZE	MINIMIZE
Black fungus, Hawthorn, Turmeric, Onions, Garlic, Warming teas	Excessive cold, Very fatty foods

Winter Recipe: Kidney-Warming Lamb & Ginger Stew

Perfect for Yang Deficient and Qi Deficient constitutions

Ingredients:

- 1 lb lamb shoulder, cubed
- 3 inches fresh ginger, sliced
- 1 onion, chopped
- 3 cups bone broth
- 1 cinnamon stick
- 3 star anise pods
- 2 tbsp soy sauce
- 1 tbsp rice wine
- Salt and white pepper to taste

Instructions:

1. Brown lamb cubes in a heavy pot
2. Add ginger and onion, sauté until fragrant
3. Add bone broth, cinnamon, and star anise
4. Bring to boil, then simmer 1.5 hours
5. Add soy sauce and rice wine
6. Season with salt and white pepper
7. Serve hot, perfect for cold winter days

Quick Reference & Tips

TCM Food Temperature Properties

Property	Effect	Examples	Best For
Hot (■)	Strongly warming	Lamb, dried ginger, cinnamon	Yang Deficient (winter)
Warm (■)	Gently warming	Chicken, beef, walnuts	Qi & Yang Deficient
Neutral (■)	Balanced	Rice, potatoes, eggs	All constitutions
Cool (■)	Gently cooling	Pears, tofu, mung beans	Yin Deficient
Cold (■)	Strongly cooling	Watermelon, cucumber	Damp-Heat (summer)

General Guidelines

Cooking Methods by Constitution:

- Yang Deficient: Slow cooking, stewing, braising
- Yin Deficient: Steaming, poaching, minimal cooking
- Qi Deficient: Easy-to-digest methods, soups, congee
- Phlegm-Dampness: Light cooking, grilling, minimal oil

Eating Habits:

- Eat warm foods at regular times
- Chew thoroughly to aid digestion
- Don't overeat - stop at 80% full
- Drink warm water, avoid ice with meals

Seasonal Transitions:

- Gradually shift food choices with the seasons
- Pay attention to your body's responses
- Adjust based on your location's climate
- When in doubt, choose neutral temperature foods

Important Note: This guide provides general recommendations based on Traditional Chinese Medicine principles. Individual responses to foods may vary. Consult with a qualified healthcare provider before making significant dietary changes, especially if you have medical conditions or are taking medications. For more personalized guidance, consider consulting with a licensed TCM practitioner or registered dietitian familiar with constitutional nutrition.