

Foods that Tonify Kidney Yin and Yang

Foods that nurture Kidney Yin

Millet

Barley

Tofu

String beans

Black beans

Mung bean sprouts

Kidney beans

Garbanzo beans (hummus)

Aloe juice or Aloe vera gel

Watermelon

Honey dew melon

Blackberries

Blueberries

Water chestnuts

Wheat germ

Potatoes

Clams

Foods and Spices that Warm the Kidney Yang

Fresh or dried ginger

Black pepper

Cinnamon

Walnuts

Black beans

Onions

Garlic

Scallions

Leeks

Chicken

Lamb

Trout

Salmon

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