

Food Therapy

Category	Meat & Dairy	Vegetables & Fruits	Grains/ Beans/ Others
Warm/ Hot Foods	Beef, Chicken, Chicken egg yolk, Chicken Liver, Goat Milk, Ham, Lamb Kidney, Lamb Liver, Lobster, Mutton, Pheasant, Prawn, Shrimp, Venison	Apricot, Blackberry, Cherry, Chestnut, Citrus, Clove, Coconut, Coriander, Fennel, Ginger, Garlic, Horseradish, Mustard, Nutmeg, Papaya, Peach, Pepper, Plum, Pumpkin, Quinoa, Raspberry, Rosemary, Squash, Sweet Potato, Sunflower Seed, Tangerine, Thyme, Turmeric, Walnut	Brown Sugar, White Rice, Malt Sugar, Oats, Olive Oil, Rice Vinegar
Cool/ Cold Foods	Alligator, Clam or Mussel, Cod, Duck, Duck Egg, Egg White, Frog, Herring, Oyster, Rabbit, Scallop, Shark, Turkey, White Fish, Yogurt	Alfalfa, Apple, Amaranth, Banana, Bitter Melon, Blueberry, Broccoli, Celery, Cucumber, Eggplant, Seaweed, Kiwi, Mango, Mushroom, Orange, Pear, Persimmon, Spinach, Strawberry, Tomato, Watermelon, White Radish	Barley, Brown Rice, Flax Seed Oil, Honey, Sesame Seed, Sesame Oil, Salt, Tofu, Wheat Flour
Neutral Foods	Beef, Beef Liver, Bison, Catfish, Chicken Egg, Carp, Eel, Goose, Milk, Pork, Pork Kidney, Pork Liver, Quail, Salmon, Sardines, Squid, Tripe, Trout, Tuna, Wild Rabbit	Cabbage, Carrots, Cauliflower, Date, Figs, Lemon, Sweet Potato, Yam	Black Bean, Corn, Green Beans, Green Peas, Kidney Beans, Peanuts, Red Beans, Soy Bean, String Bean, White Sugar

Diet Plan

Condition - _____

Form - _____

Protein - _____

DETERMINING ENERGETICS

YIN (TOO COLD)

(TOO HOT) YANG

- | | |
|---|---|
| <input type="checkbox"/> Pants Very Little | <input type="checkbox"/> Pants A Lot |
| <input type="checkbox"/> Sleeps Under the Covers | <input type="checkbox"/> Sleeps on Cold Tile Floors |
| <input type="checkbox"/> Loves to Snuggle | <input type="checkbox"/> Does Not Like to Snuggle |
| <input type="checkbox"/> Loves to Sleep in the Sun | <input type="checkbox"/> Loves to Play in Snow & Cold |
| <input type="checkbox"/> Is Sluggish | <input type="checkbox"/> Is Very Active or Restless |
| <input type="checkbox"/> Older Pets (Unless They Have a Yin Deficiency) | <input type="checkbox"/> Young Pets or, Old Pets with Spent Cooling |
| <input type="checkbox"/> Black or Gray Coats | <input type="checkbox"/> Red, White, or Yellow Coats |
| <input type="checkbox"/> Eats High Moisture Diets | <input type="checkbox"/> Lifelong Kibble Eaters |
| <input type="checkbox"/> Pale, Wet Tongue | <input type="checkbox"/> Red, Dry Tongue |
| <input type="checkbox"/> Wet and Drippy Nose | <input type="checkbox"/> Dry, Brittle Foot Pads & Nose |
| <input type="checkbox"/> Drinks Very Little | <input type="checkbox"/> Drinks Excessively |

Chart from Yin & Yang Nutrition for dogs