

Spleen Food = Warming, Nourishing, Easily Digestible, Simple food

Spleen friendly foods include most complex carbohydrates and animal products. Such foods are basically sweet and or pungent, perfect for activating his digestive fire and spleen energy (Warm & Dry).

SPLEEN FOOD #1: GRAINS

If Grains are your thing:

- Well cooked rice is one of the best, gradually acting spleen tonics, and use low GI rice eg basmati, brown or wild rice
- Oats
- Spelt

SPLEEN FOOD #2: LOW GI, HIGH ENERGY

SLOW Carb vegetables & pulses incl. Winter squash, carrot, parsnip, turnip, chickpeas, black beans, peas, sweet potato, yam, pumpkin.

Meal ideas:

- Try veg chips baked in the oven such as sweet potato, carrot, parsnip chips, lightly spiced with turmeric
- Root vegetable, cashew & Pea samosas with indian spices
- Stuffed Baked Spuds
- Mushy Peas
- Sweet potato salad with diced bacon, shallots & mayonnaise,
- Sweet potato/pumpkin mash.

SPLEEN FOOD # 3: PUNGENT

Pungent veggies and spices including Onion, leek, ginger, cinnamon, fennel, garlic, nutmeg

Meal Ideas:

- Nutmeg in a Greek spinach & feta pie (minimal feta cheese)
- Soft baked fennel w olive oil
- Sugar free gingerbread snaps w ginger & cinnamon,
- Pungent Spices in raw bliss balls,

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- Potato or Kumera & leek soup etc
- Stewed Apples and Pears with Cinnamon & Nutmeg

SPLEEN FOOD #4: Sweet

Small amounts of some sweeteners and cooked fruits; rice syrup, barley malt, molasses, cherry & date

- Natural sweeteners instead of refined sugars eg stevia, dates, prunes
- great choice for recipes out there for raw bliss balls using dates, raw cacao as the sweetener
- Cherry crumble
- Date & Chocolate Torte
- Stewed Fruit: Apples, Pears, Rhubarb
- Molasses is a tricky one, but explore the rice malt syrup options in health food store instead.

SPLEEN FOOD #5: Animal Products

Prepared in a soup may be easier to digest; mackerel, tuna, halibut, anchovy, beef, chicken, turkey, or lamb. Tofu and tempeh are the veggie options.

- Beef or chicken bone broth with lots of veg
- Salmon Laksa with veg
- Slow cooking so the meat is falling off the bone: eg. Osso bucco, slow cooked chicken casserole, beef casseroles, stews, lamb shanks etc.

Foods to avoid = Too much of Cold, raw, mucus forming, refined sweet & oily foods. (Cold & Damp)

- Excessive raw veggies & fruit, especially citrus, sprouts & cereal grasses.
- Physically cold foods such as iced water, frozen foods/desserts, icy smoothies, too many raw foods including cold salads.
- Sugary sweet foods; chocolate, lollies, biscuits
- Mucus producing foods; Dairy, bananas, oranges
- Oily, greasy, foods; deep fried anything