

Blood-Nourishing Foods (Traditional Chinese Medicine)

Grains & Staples: (Gentle, foundational Blood builders)

- Sticky rice (glutinous rice)
- Oats
- Wheat
- Black rice
- Quinoa (modern addition, similar function)

Animal Products: (Stronger Blood tonics; best for deficiency)

- Beef
- Chicken
- Lamb (warming; good for cold constitutions)
- Pork
- Beef liver
- Eggs (especially yolks)
- Bone broth

Legumes, Nuts & Seeds: (Support Blood through Spleen nourishment)

- Black beans
- Lentils
- Chickpeas
- Walnuts
- Black sesame seeds
- Pumpkin seeds
- Sunflower seeds

Vegetables: (Build Blood gently; many also move Blood)

- Spinach
- Beetroot
- Carrots
- Dark leafy greens (bok choy, kale, collards)
- Seaweed (kelp, nori)

Fruits: (Gentle, moistening Blood tonics)

- Goji berries
- Cherries
- Pomegranates
- Black grapes

Supportive Tips (TCM Style)

- Warm, cooked foods nourish Blood better than raw foods
- Blood is made from Spleen Qi—eat regularly and avoid overeating
- Combine Blood-nourishing foods with gentle movement and good sleep
- Consistency matters more than quantity

