

Cooling Foods

<u>Fruits</u>	<u>Vegetables</u>	<u>Grains, Legumes & Seeds</u>	<u>Meat, Seafood & Dairy</u>	<u>Condiments & Beverages</u>
Apple	Alfalfa sprouts	Amaranth	Chicken Egg	Chrysanthemum Tea
Banana	Asparagus	Barley	Clam	Green Tea
Grapefruit	Bamboo Shoot	Buckwheat	Crab	Peppermint Tea
Kiwifruit	Bitter Melon	Millet	Duck Egg	Salt
Lemon	Bok choy	Mung Bean	Kelp	Sesame oil
Orange	Broccoli	Soy Bean	Rabbit	
Pear	Celery	Spirulina	Seaweed	
Persimmon	Daikon Radish	Wheat bran		
Star Fruit	Cilantro	Whole wheat		
Strawberry	Cucumber			
Watermelon	Eggplant			
	Green leafy vegetables			
	Lemon balm			
	Lettuce			
	Lotus Root			
	Mushroom			
	Soy milk			
	Spinach			
	Summer squash			
	Swiss Chard			
	Tempeh			
	Tofu			
	Tomato			
	Water Chestnut			
	Watercress			
	Winter Melon			

Warming Foods

<u>Fruits</u>	<u>Vegetables</u>	<u>Grains, Legumes & Seeds</u>	<u>Meat, Seafood & Dairy</u>	<u>Condiments & Beverages</u>
Cherry	Chives	Caraway seed	Butter	Basil
Cherry	Kale	Almonds	Chicken	Brown Sugar
Chinese Red Dates(Jujube)	Leek	Black Beans	Chicken Livers	Chili
Coconut meat	Mustard greens	Chestnut	Deer (Venison)	Cinnamon
Coconut milk	Onion	Glutinous Rice	Eel	Clove
Guava	Parsley	Malt	Goat Milk	Coffee
Hawthorn Fruit	Parsnip	Peanuts	Ham	Coriander
Longan Fruit	Pumpkin	Pine nut	Lamb	Fennel seed
Lychee	Squash	Pistachio nut	Lamb Kidney	Garlic
Mandarin Orange peel (dried)		Quinoa	Mussel	Ginger
Mango		Spelt	Prawns (shrimp)	Ginseng
Nectarine		Sunflower Seeds		Nutmeg
Peach		Walnut		Pepper
Raspberry				Rosemary
				Spearmint
				Vinegar
				Wine

Neutral Temperature Foods

<u>Fruits</u>	<u>Vegetables</u>	<u>Grains, Legumes & Seeds</u>	<u>Meat, Seafood & Dairy</u>	<u>Condiments & Beverages</u>
Apricot	Black fungus mushrooms	Adzuki Bean	Abalone	Peanut oil
Figs	Carrot	Almond	Beef	Honey
Goji Berries	Chinese cabbage	Black sesame seed	Cow's milk	Saffron
Grape	Corn	Black soybean	Duck	Licorice

Olive	Potato	Broad bean	Fish
Papaya	Pumpkin	Kidney bean	Oyster
Pineapple	Shiitake mushroom	Lotus seed	Pork
Plum	Sweet potato	Peanut	Scallop
	Taro	Peas	
	Turnip	Rice bran	
	White fungus	Rye	
		String bean	
		Sunflower seed	
		White rice	
		Yellow soybean	