



Food Energies

Vegetables

Cold	Cool	Neutral	Warm	Hot
Celery	Alfalfa	Chard	Bell pepper	Carrot
Chinese cabbage	Asparagus	Pea	Chinese chive	Garlic
Cucumber	Bamboo shoot	Potato	Ganoderma mushroom	Ginger
Mung bean sprout	Beet	Shitake mushroom	Green string bean	Scallion
Mustard greens	Bok choy	Sweet potato	Green or red cabbage	
Seaweed	Broccoli	Taro root	Leek	
Snow pea	Burdock root	Yam	Onion	
Water chestnut	Button mushroom		Parsley	
White mushroom	Cabbage		Parsnip	
	Cauliflower		Pumpkin	
	Corn			
	Daikon radish			
	Turnip			
	Dandelion greens			
	Eggplant			
	Endive			
	Kale			
	Lettuce			
	Lotus root			
	Potato			
	Romaine lettuce			
	Sprouts			
	Spinach			
	Summer squash			
	Watercress			
	Winter melon			
	Winter squash			
	Zucchini			

Fruits

Cold	Cool	Neutral	Warm	Hot
Banana Cantaoupe Grapefruit Mulberry Pear Watermelon Honeydew	Apple Lemon Pear-apple Persimmon Strawberry Tomato	Chinese date Coconut Fresh papaya Loquat Olive Plum	Cherry Chinese plum Dried papaya Fig Grape Hawthornberry Lychee Mango Orange Pineapple Raspberry Tangerine	Apricot Peach Nectarine

Grains

Cold	Cool	Neutral	Warm	Hot
Barley	Brown rice Fresh bread Millet Pearl barley Wheat	Buckwheat Corn meal Rice bran Rye White rice	Oat Sweet rice Wheat bran Wheat germ	

Nuts, Seeds, and Beans

Cold	Cool	Neutral	Warm	Hot
Mung bean Pumpkin seed	Black bean Kidney bean Miso Tofu Winter melon seed	Almond Azuki bean Filbert Lotus seed Peanut Sunflower seed Soy bean	Red bean Brown sesame seed Chestnut Lentil Pine nut Walnut	Black sesame seed

Animal Products

Cold	Cool	Neutral	Warm	Hot
Mussel Pork Yogurt	Clam Crab Fish (ocean) Milk Oyster Shrimp Cottage cheese	All eggs Fish (freshwater) Gelatin Most dairy products Herring	Beef Chicken Turkey	Lamb Eel Venison

Medicinal and Culinary Herbs and Spices

Cold	Cool	Neutral	Warm	Hot
Bamboo shaving Cassia seed Chinese cucumber Chrysanthemum Goldenseal root Honeysuckle flower Motherwort leaf Mulberry leaf Oyster shell Reed root	American ginseng Cilantro Corn silk Kudzu (pueraria) Lily flower Mint leaf Mint tea Pueraria root	Chinese yam Licorice root Lycii berry Poria mushroom	Anise seed Basil Cardamom seed Carob pod Citrus peel Clove Coriander seed Dang gui Fennel seed Fresh ginger Oriental ginseng	Black pepper Cinnamon bark Dry ginger Garlic Korean red ginseng

Miscellaneous

Cold	Cool	Neutral	Warm	Hot
Salt Vitamin C White sugar Yogurt Salty, sour, and sweet pickles and relishes	Green tea	Barley malt Black fungus Honey Rice malt White fungus	Brown sugar Coffee Molasses Vinegar Wine Black tea	Spicy pickle and relish