



Cold Foods    Cool Foods    Neutral Foods    Warm Foods    Hot Foods

Bananas	Pears	Black Soybean	Rice	Grilled Food
Watermelon	Peppermint	Fava Beans	Noodle	Charcoal Food
Turnip	Green Tea	Lentil	Bread	mango
Celery	Oolong Tea	Peas	Pork	Avocado
Cauliflower	Cooked Lettuce	Flax Seeds	Chicken	Chocolate
Crab	Green Apple	Black Sesame Seeds	Turkey	Cocoa
Bean Sprouts	Snow Pea	Pumpkin Seeds	Broccoli	Raw Onion
Eggplant	Corn (white)	Squash Seed	Green Peppers	Ginger
Cucumber	Orange	Beet	Egg White	Garlic
Grapefruit	Soybean Sprouts	Shiitake Mushrooms	Yam	Coffee
Mustard Greens	Apple	Apricot	Fish from the Sea	Lamb
Pineapple	Cooked Onion	Fig	Red Bean	Duck
Tangerine	Strawberry	Grape	Black Tea	Red Pepper
Zucchini	Cherry	Papaya	Carrot	Venison
Brussel Sprouts	Plum	Raspberry	Milk	Deep Fried Food
Seaweed	Mushroom	Buckwheat	Oats	
Tofu	Miso	Rye	Black Bean	
	Barley	Aduki Bean	Almonds	
	Wheat	Soy Bean	Coconut	
	Celery		Peanut	
	Spinach		Pine Nut	
	Watercress		Sunflower Seed	
	Lemon		Asparagus	
			Squash	