

寒 涼 溫 熱

YIN and YANG foods can be further broken down into four categories -- cold, cool, warm and hot. These categories have nothing to do with the physical temperatures of the foods, but the energetic effect on the body

COLD

VEGETABLES:

Asparagus
Bean Sprouts
Bok Choi
Cauliflower
Celery
Chinese Cabbage
Chrysanthemum flower
Cucumber
Dandelion leaf
Eggplant
Seaweed
Snow peas
Turnip
Water chestnuts
White mushroom
White peony root
Zucchini

FRUITS:

Banana
Blueberry
Cantaloupe
Cranberry
Grapefruit
Kiwi
Lemon
Mango
Mulberry
Persimmon
Plum
Pineapple
Rhubarb
Tangerine
Tomato
Watermelon

GRAINS:

Wheat germ

MEAT:

Clam
Crab
Octopus

SPICES

Salt

COOL

VEGETABLES:

Alfalfa sprouts
Artichoke
Bamboo shoots
Bitter Gourd
Button mushroom
Broccoli
Cabbage
Carrot
Cooked Lettuce
Cooked Onion
Corn
Daikon radish
Endive lettuce
Lotus root
Mushrooms
Potato
Romaine
Snow Pea
Soybean Sprouts
Spinach
Swiss chard
Tomato

FRUITS:

Apple
Avocado
Black currant
Cherries
Fig
Lemon
Oranges
Pear
Prunes
Strawberries
Tangerine

GRAINS

Amaranth
Barley
Buckwheat
Millet
Wheat
Wild rice

SEEDS

Lima beans

WARM

VEGETABLES

Bell pepper
Chive
Cooked Tomato
Fennel
Green bean
Green Pepper
Kale
Kohlrabi
Leek
Mustard green
Onion
Oyster mushroom.
Parsley
Parsnip
Pumpkin
Scallions
Squash
Sweet potato
Watercress

FRUITS

Blackberry
Coconut
Dates
Grapes
Hawthorn fruit
Kumquat
Nectarines
Pomegranates
Quince
Raspberry

GRAINS

Oats
Quinoa
Safflower
Sweet/glutinous rice

SEEDS

Black bean
Chestnut
Lotus seed
Pine nut
Walnut

MEAT

HOT

VEGETABLES

Garlic
Green onion
Raw onions
Red pepper
MEAT
Deep-fried or grilled meat.
Dog.
Grass fish.
Sparrow meat.
Turtle

SPICES

Black pepper
Cayenne pepper
Chili pepper
Horseradish/wasabi
Mustard
MISC
Chocolate
Cocoa

White pepper.

MISC:

Soy sauce

Sugar cane

Tofu

Mung bean

Soybean

MEAT

Duck egg

Duck

Eggs

Fresh water snail.

Frog

Pork

Rabbit

SPICES

Cilantro leaf

Marjoram

Mint

Peppermint

Tamarind

MISC

Beer

Cheese

Green tea

Milk

Peppermint

Sesame oil

Yogurt

Anchovy

Beef

Butter

Capers

Chicken

Eel

Fresh water fish

Ham

Lobster

Mussels

Sheep & goat

Sheep's milk

Shrimp

Turkey

Venison

SPICES

Anise

Basil

Bay leaf

Caraway

Carob

Clove

Coriander

Cumin

Dill seed

Fennel

Fenugreek

Fresh ginger

Jasmine

Nutmeg

Oregano

Rosemary

Sage

Spearmint

Thyme

SWEETENERS

Amasake

Brown sugar

Malt sugar

Molasses

Sorghum

MISC

Black tea

Coffee

Goats milk

Plum vinegar

Rice vinegar

Wine

Vinegar