

## Vital Energy Received from Food

### VEGETABLES

<b>COLD</b> (Never/Rarely)	<b>COOL</b> (Rarely)	<b>COOL/WARM</b> (Small Quantities)	<b>WARM</b> (Ideal)	<b>WARM/HOT</b> (Small Quantities)	<b>HOT</b> (Rarely/Never)
Asparagus	Alfalfa Sprouts	Beet Leaf	Adzuki Beans	Boiled Nuts	Avocado
Cauliflower	Black Tree Ears	Broad Beans	Artichoke	Colocasi	Chili
Celery	Brussels Sprouts	Chayote	Beet Root	Ginger	Eggplant
Coriander	Corn (white)	Chinese Cabbage	Bell Pepper	Horseradish	French Fries
Cucumber	Dill		Black Beans	Leek	Pizza
Large Bok Choi	Endive		Broccoli	Onion	Potato Chips
Mung Bean Sprouts	Fennel		Cabbage	Radish	Raw Onion
Napa	Kohl Rabi		Carrots	Shallot	Red Pepper
Seaweed	Lettuce		Corn (yellow)	Tomato	Roasted Nuts
Turnip	Mushrooms		Kale		
Tofu (Chinese)	Mint		Lentils		
	Parsley		Okra		
	Peppermint		Peas		
	Snow Peas		Potatoes		
			Pumpkin		
			Small Bok Choi		
			Sorrel		
			Soybeans		
			Spinach		
			Squash		
			String Beans		
			Sweet Potatoes		
			Tofu (Japanese)		
			Yams		
			Zucchini		

## FRUITS

<b>COLD</b> (Never/Rarely)	<b>COOL</b> (Rarely)	<b>COOL/WARM</b> (Small Quantities)	<b>WARM</b> (Ideal)	<b>WARM/HOT</b> (Small Quantities)	<b>HOT</b> (Rarely/Never)
Asian Pear (green)	Asian Pear (brown)	Grapes (white)	Apricot	Almond	Chestnut
Banana	Cantaloupe	Starfruit	Blackberry	Date	Durian
Grapefruit	Cranberry	Strawberry	Blueberry	Mangosteen	Longan
Kiwi	Golden Apple		Cherry	Peach	Lychee
Persimmon	Green Apple		Chestnut	Raspberry	Mango
Pineapple	Honeydew		Currant (black, red)		Pomegranate
Rhubarb	Lady Finger Banana		Guava		Rambutan
Watermelon	Lemon		Gooseberry		Tangerine
	Lime		Papaya		
	Loquat		Plum		
	Nectarine		Passion Fruit		
	Ogen		Raisin		
	Orange		Red Apple		
	Pear		Red Grape		
	Pomelo		Red Pear		
	Red Banana				
	Ugli				

**MEAT**

<b>COLD</b> (Never/Rarely)	<b>COOL</b> (Rarely)	<b>COOL/WARM</b> (Small Quantities)	<b>WARM</b> (Ideal)	<b>WARM/HOT</b> (Small Quantities)	<b>HOT</b> (Rarely/Never)
Clams			Beef	Baked Food <sup>1</sup>	Charcoal Food
Crab			Cheese	Lamb Stew	Eel
Cuttlefish			Chicken	Turtle	Fried Food
Lobster			Duck <sup>2</sup>		Grilled Food
Mussels			Eggs		Ham (salty)
Scallops			Fish		Lamb (roasted)
Shrimp			Goat Cheese		Venison
Veal			Goose		
			Ham (mild)		
			Rabbit		

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<sup>1</sup> OK to eat at room temperature.

<sup>2</sup> Don't eat duck when taking Chinese herbs.

**BEVERAGES**

**COLD** (Never/Rarely)      **COOL** (Rarely)      **COOL/WARM** (Small Quantities)      **WARM** (Ideal)      **WARM/HOT** (Small Quantities)      **HOT** (Rarely/Never)

Juices

Milk

Iced Drinks

Non-alcoholic Wine

Tea

Alcohol

Hot Chocolate

## VARIOUS HERBS & INGREDIENTS

<b>COLD</b> (Never/Rarely)	<b>COOL</b> (Rarely)	<b>COOL/WARM</b> (Small Quantities)	<b>WARM</b> (Ideal)	<b>WARM/HOT</b> (Small Quantities)	<b>HOT</b> (Rarely/Never)
	Salt	Honey Sugar Vinegar	Basil Bay Brown Sugar Caraway Chives Cloves Garlic Marjoram Paprika Rosemary Sage Thyme White Pepper	Cinnamon Nutmeg	Black Pepper Curry MSG Poppy Seeds Sesame
			Bread Butter Capers Cous Cous Grains Oatmeal Pasta Rice Spelt Vine Leaf		