

The Energetics of Food

Grains:	<u>Hot:</u>	<u>Warm:</u>	<u>Neutral:</u>	<u>Cool:</u>	<u>Cold:</u>
		Oats Quinoa Sorghum Spelt Sweet Rice	Corn Flax Linseed Rice Rye	Amaranth Barley Buckwheat Job's Tears Millet Wheat Wheat Bran Wild Rice	Wheat Germ
Vegetables:	<u>Hot:</u>	<u>Warm:</u>	<u>Neutral:</u>	<u>Cool:</u>	<u>Cold:</u>
		Caper Coriander Leaf Kale Leek Mustard Leaf Onion Parsnip Pepper Scallion Spring Onion Squash Sweet Potato Watercress	Alfalfa Sprout Beetroot Black Fungus Cabbage Carrot Chinese Cabbage Kohlrabi Olive Potato Pumpkin Shiitake Mushroom String Bean Turnip White Fungus Yam	Artichoke Aubergine Cauliflower Celery Chicory Courgette Cucumber Daikon (Mooli) Kelp Lettuce Marrow Mushroom (button) Radish Spinach Swiss Chard	Asparagus Bamboo Shoot Dandelion Leaf Mungbean Sprout Nori Plantain Seaweed Tomato Water Chestnut
Fruit:	<u>Hot:</u>	<u>Warm:</u>	<u>Neutral:</u>	<u>Cool:</u>	<u>Cold:</u>
		Blackberry Cassio Fruit Cherry Date Longan Lychee Peach Quince	Apricot Coconut Crabapple Fig Grape Papaya Pineapple Plum Pomegranate Raspberry	Apple Avocado Blackcurrant Blue/Bilberry Orange Pear Strawberry Tangerine	Banana Cranberry Gooseberry Grapefruit Lemon/Lime Mango Melon Mulberry Persimmon Rhubarb Watermelon

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Herbs and Spices:

Hot:

Cayenne
Chili
Cinnamon Bark
Garlic
Ginger (dry)
Horseradish
Mustard
Pepper (black)
Pepper (white)

Warm:

Aniseed
Basil
Bay
Caraway
Cardamon
Carob
Chive Leaf
Chive Seed
Cinnamon Twig
Clove
Curmin
Dill Seed
Fennel Seed
Fennugreek
Seed
Ginger (fresh)
Hawthorn
Juniper
Nutmeg
Oregano
Parsley
Rosemary
Sage
Savory
Thyme
Turmeric

Neutral:

Coriander Seed
Licorice
Saffron

Cool:

Marjoram
Mint
Nettle
Tamarind

Cold:

Purslane

Oils and Condiments:

Hot:

Warm:

Soya Oil
Amasake
Brown Sugar
Malt Sugar
Miso
Molasses
Rice Syrup
Vinegar

Neutral:

Olive Oil
Peanut Oil
Honey
White Sugar

Cool:

Sesame Oil
Kuzu
Soya Sauce

Cold:

Agar
Salt

Beverages:

Hot:

Warm:

Coffee
Jasmine
Star Anise
Wine

Neutral:

Rosehip
Soya Milk

Cool:

Beer
Chamomile
Chrysanthemum
Elderflower
Lemon Balm
Limeflower
Peppermint
Raspberry Leaf
Tea

Cold:

Dandelion Root

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Supplements:	<u>Hot:</u> Ginseng (Korean)	<u>Warm:</u> Dongui Ginseng (Chinese)	<u>Neutral:</u> Algae Ginseng (American) Pollen Royal Jelly	<u>Cool:</u>	<u>Cold:</u> Kelp
Beans:	<u>Hot:</u>	<u>Warm:</u> Black Bean	<u>Neutral:</u> Aduki Broad Bean Chickpea Kidney Bean Lentil Pea Soybean (black)	<u>Cool:</u> Lima Bean Mung Bean Soybean (yellow) Tofu	<u>Cold:</u>
Nuts and Seeds:	<u>Hot:</u>	<u>Warm:</u> Chestnut Coconut Coconut Milk Pine Kernel Walnut	<u>Neutral:</u> Almond Hazel Peanut Pistachio Pumpkin Seed Sesame (black) Sesame (white) Sunflower Seed	<u>Cool:</u>	<u>Cold:</u>
Fish:	<u>Hot:</u> Trout	<u>Warm:</u> Anchovy Eel Lobster Mussel Shrimp/Prawn	<u>Neutral:</u> Abalone Cuttlefish Herring Mackerel Oyster Salmon Sardine Shark Sturgeon Whitefish	<u>Cool:</u> Frog	<u>Cold:</u> Clam (freshwater) Clam (saltwater) Crab Octopus

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Meat:	<u>Hot:</u>	<u>Warm:</u>	<u>Neutral:</u>	<u>Cool:</u>	<u>Cold:</u>
	Lamb	Chicken	Beef	Liver (sheep)	
		Ham	Duck	Rabbit	
		Kidney (beef)	Goose		
		Kidney (sheep)	Kidney (pork)		
		Liver (chicken)	Liver (beef)		
		Liver (pork)	Pigeon		
		Mutton	Pork		
		Pheasant	Quail		
		Sparrow			
		Turkey			
	Dairy:	<u>Hot:</u>	<u>Warm:</u>	<u>Neutral:</u>	<u>Cool:</u>
		Butter	Cheese	Egg (duck)	Yogurt
		Milk (sheep/goat)	Egg (chicken)		
			Egg White (chicken)		
			Egg Yolk (chicken)		
			Milk (cow)		