



Vegetables

<i>Cooling</i>	<i>Neutral</i>	<i>Warming</i>
Alfalfa sprouts	Beetroot	Carrot
Angled luffa	Broad beans	Chinese chives
Arrowhead tubers	Broccoli	Leek
Asparagus	Brussels sprouts	Onion
Beetroot greens	Cabbage (white, green and Savoy cabbage, winter and spring greens and kale)	Shallot
Bitter melon		Spring onion
Celery		
Chicory		
Chinese box thorn leaves	Cauliflower	
Chinese Peking cabbage	Celeriac	
Chinese radish	Chinese flowering cabbage	
Chinese spinach	Chinese kale	
Chinese white cabbage	Fennel	
Courgette	Four-angled beans	
Cress	French beans	
Cucumber	Garland chrysanthemum	
Dandelion leaves	Lamb's lettuce	
Endive	Landcress	
Fuzzy melon	Long beans	
Kohlrabi	Parsnip	
Lettuce	Pea shoots	
Lotus root	Pumpkin	
Marrow	Runner beans	
Mung bean sprouts	Snow peas	
Mushrooms	Squash	
Nettles	Swede	
Radicchio rosso	Sweet corn	
Radish	Sweet potato	
Red cabbage	Sweet potato leaves	
Slippery vegetable	Taro	
Soyabean sprouts	Turnip	
Spinach	Yam	
Swatow mustard cabbage		
Swiss chard		
Water chestnut		
Watercress		
Water spinach		
Winter melon		
Yam bean		
Yellow cucumber		

Classification of Foods

Whole Cereal Grains

<i>Cooling</i>	<i>Neutral</i>	<i>Warming</i>
Buckwheat Millet Pot Barley Whole wheat grains	Brown rice Red rice Rye Sweet corn	Oats Groats

Legumes and Pulses

<i>Cooling</i>	<i>Neutral</i>	<i>Warming</i>
Fermented black soyabeans Fermented soyabean cheese (<i>Without Chillies</i>) Fermented soyabean cheese (<i>Red</i>) Miso Mung beans Shoyu Soyabeans Tamari Tempeh Tofu	Aduki beans Black-eyed beans Black soyabeans Broad beans Dried bean curd Dried soyabean sheets (<i>Fu Zhou</i>) Fermented soyabean cheese (<i>With Chillies</i>) Haricot beans Hyacinth beans Peas Red kidney beans	Lentils

Flesh foods

<i>Cooling</i>	<i>Neutral</i>	<i>Warming</i>
Abalone (fresh) Clam Cockle Crab Duck Fish# Jelly fish Lobster Mussel Octopus Oyster (fresh) Periwinkle Prawn Scallop (fresh) Shrimp Squid Whelk	Smoked fish*	Beef* Black-boned chicken Chicken Goose Lamb* Mutton* Pigeon Pork* Rabbit Turkey Veal*

Vegetables

<i>Cooling</i>	<i>Neutral</i>	<i>Warming</i>
Alfalfa	Beetroot	Carrot
Angled luffa	Broad beans	Chinese chives
Arrowhead tubers	Broccoli	Leek
Asparagus	Brussels sprouts	Onion
Beetroot greens	Cabbage (white, green and savoy cabbage, winter and spring green and kale)	Shallot
Bitter gourd		Spring onion
Celery	Cauliflower	
Chicory	Celeriac	
Chinese box thorn leaves	Chinese flowering cabbage	
Chinese Peking cabbage	Chinese kale	
Chinese radish	Four-angled beans	
Chinese spinach	French beans	
Chinese white cabbage	Garland chrysanthemum	
Courgette	Lamb's lettuce	
Cress	Landcress	
Cucumber	Long beans	
Dandelion leaves	Parsnip	
Endive	Pea shoots	
Fuzzy melon	Pumpkin	
Kohlrabi	Runner beans	
Lettuce	Snow peas	
Lotus root	Squash	
Marrow	Swede	
Mung bean sprouts	Sweet corn	
Mushrooms	Sweet potato	
Nettles	Sweet potato leaves	
Radicchio rosso	Taro	
Radish	Turnip	
Red cabbage	Yam	
Slippery vegetable		
Soyabean sprouts		
Spinach		
Swatow mustard cabbage		
Swiss chard		
Water chestnut		
Watercress		
Water melon		
Winter melon		
Yam bean		
Yellow cucumber		

Seeds and Nuts

<i>Cooling</i>	<i>Neutral</i>	<i>Warming</i>
Bitter apricot kernels Ginkgo nuts	Almonds Lotus seeds Peanuts Pine nuts Sweet apricot kernels	Chestnuts Pumpkin seeds Sesame seeds (<i>White and black</i>) Sunflower seeds Walnuts Watermelon seeds

Eggs

<i>Cooling</i>	<i>Neutral</i>	<i>Warming</i>
Duck Egg Fish egg Preserved duck egg Preserved quail egg Salted duck egg		Chicken egg Quail egg

Fruits

<i>Cooling</i>	<i>Neutral</i>	<i>Warming</i>
Banana Ciku Coconut Custard apple Grapefruit Jackfruit Lemon Malay apple Mandarin Mangosteen Orange Pear Pulsimman Pineapple Pome Rose Apple Sea Apple Star Fruit (Carambola) water apple Watermelon	Apple Date Fig Grape Guava Papaya Plum Raspberry	Apricot Blackberry Blackcurrant Cherry Durian Longan Lychee Mango Mata Kucing Rambutan Strawberry

Dairy Products

<i>Cooling</i>	<i>Neutral</i>	<i>Warming</i>
Buttermilk*	Cottage Cheese*	Butter*
Curd Cheese*	Milk*	Cheese(hard)*
Ice Cream*	Soft Cheese*	Cream*
Kefir*		Cream Cheese*
Quark*		Ghee*
Whey Cheese*		Powdered Milk*
Yogurt*		

*All these are not recommended.

Beverages

<i>Cooling</i>	<i>Neutral</i>	<i>Warming</i>
Naturally fizzy mineral water	Still Mineral Water	Warmed up Still Mineral Water
Tea*	Tap water	Boiled water
Honey Water	Barley malt drink	Alcohol*
Pot Barley Water	Rice malt drink	Coca*
Soyabean Milk	Almond milk	Coffee*
Borage Tea	Peanut milk	Drinking Chocolate*
Burdock Tea	Japanese tea	Horlicks*
Chamomile tea	Parsley tea	Milo*
Comfrey tea	Raspberry tea	Ovaltine*
Chrysanthemum tea	Rosemary tea	Sunflower seed milk
Corn Silk tea	Sage tea	Walnut milk
Dandelion tea	Thyme tea	Caraway seed tea
Lemon balm tea	Apple juice	Cinnamon tea
Mint, cornmint, peppermint tea	Grape juice (white or red)	Fennel seed tea
Vervain tea	Guava juice	Fenugreek tea
Clementine juice	Papaya juice	Ginger tea
Coconut water	Plum juice	Mu tea
Grapefruit juice	Raspberry juice	Mugwort
Lemon juice	Redcurrant juice	Spearmint tea
Lime juice	Sugar cane juice(from deep red to purple skin varieties)	Apricot juice
Pear juice		Blackberry juice
Pineapple juice		Blackcurrant juice
Mandarin juice		Cherry juice
Melon juice		Lychee juice
Orange juice		Longan juice
Star Fruit,carambola juice		Nectaring juice
Sugar cane juice (from pale yellow to green skin varieties)		Strawberry juice
Tangerine juice		
Watermelon juice		

*These are not recommended

Herbs and Spices

<i>Cooling</i>	<i>Neutral</i>	<i>Warming</i>
Borage	Liquorice	Basil
Burdock	Parsley	Bay Leaves
Chamomile	Rasperry	Caraway seeds
Chickweed	Rosemary	Cardamon
Chrysanthemum	Sage	Chives
Coriandry	Screwpine leaves	Cinnamon
Corn Silk	Thyme	Cloves
Dandelion		Coriander Leaves and seeds
Lemon Balm		Cumin
Mint, Commint and peppermint		Dill leaves and seeds
Purple Sage		Fennel leaves and seeds
Slippery Elm		Garlic
Tamarind		Ginger
Turmeric		Lemon grass
Vervain		Mugwort
		Mustard
		Nutmeg
		Oregano
		Pepper
		Savory (summer and winter)
		Sichuan pepper
		Spearmint
		Star anise

Dried Ingredients

<i>Cooling</i>	<i>Neutral</i>	<i>Warming</i>
Buddha's fruit	Black wood ear	Chinese black date
Chinese box thorn berries	Dried Abalone	Chinese red date
Figs	Dried Oyster	Dang gui
Golden needle	Dried Scallop	Dang Shen
Job's tears	Dried Shrimp	Ginseng
Persimmon	Dried squid	Huang shi
Snow ear fungus	Raisin	Longan (dried)
	Shitake Mushroom (dried)	Silver Fish (dried)
		Tangerine peel