

This chart notes the temperature element of common foods. It is intended to help guide in making better food choices for your specific needs. Based on your Chinese Medical diagnosis, your practitioner will indicate which food choices are best for you.





ColdCoolWarmHotBanana Watermelon Grapefruit PineapplePear Apples Oranges Strawberries Cherries Cantaloupe Cucumber Zucchini Turnip Celery Cauliflower Bean Sprouts Barley Crab Balad Crab Crab Crab Crab Crab Crab Crab Crab Cheese Condant<					
Watermelon GrapefruitApples OrangesDates TomatoAvocado Raw onionPineappleStrawberriesYellow cornRed pepperTangerineCherriesGreen beanNutsCucumberCantaloupeGreen pepperLambZucchiniKiwiBroccoliDuckTurnipPlumGarlicVenisonCeleryMangoCuminTroutCauliflowerMushroomsFennelGrilled foodsEggplantBitter gourdDillDeep fried foodsAsparagusLettuceHoneyCinnamonSeaweedSnow peaPepperClovesBean SproutsWhite cornGingerChili PeppersBok ChoyCabbageEgg yolkHorseradishBarleyYamPorkChocolateCrabSpinachChickenCocoaTofuSproutsTurkeyCoffeeSaladCooked onionFishAlcoholCheeseMilletOatsTobacco smokeIce creamMisoPumpkin seedsIced drinksMung beanWalnuts** Processed foods tend to be warming/	Cold	Cool	Warm	Hot	
Coconut Water Noodles Green tea Bread Oolong tea Rice Sugar cane Milk	Watermelon Grapefruit Pineapple Tangerine Cucumber Zucchini Turnip Celery Cauliflower Eggplant Asparagus Seaweed Bean Sprouts Bok Choy Barley Crab Tofu Salad Cheese Ice cream	Apples Oranges Strawberries Cherries Cantaloupe Kiwi Plum Mango Mushrooms Bitter gourd Lettuce Snow pea White corn Cabbage Yam Spinach Sprouts Cooked onion Millet Miso Mung bean Peppermint Coconut Water Green tea Oolong tea	Dates Tomato Yellow corn Green bean Green pepper Broccoli Garlic Cumin Fennel Dill Honey Pepper Ginger Egg yolk Pork Chicken Turkey Fish Oats Pumpkin seeds Walnuts Quinoa Noodles Bread Rice	Avocado Raw onion Red pepper Nuts Lamb Duck Venison Trout Grilled foods Deep fried foods Cinnamon Cloves Chili Peppers Horseradish Chocolate Cocoa Coffee Alcohol Tobacco smoke  ** Processed foods	

Raw - Steamed - Boiled - Stewed - Stir fried - Baked - Deep fried - Roasted

Coolest ← Warmest