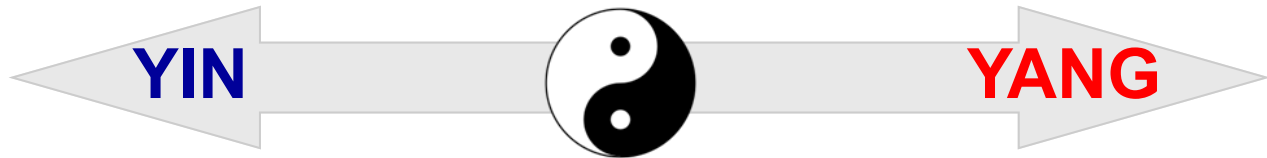


This chart notes the temperature element of common foods. It is intended to help guide in making better food choices for your specific needs. Based on your Chinese Medical diagnosis, your practitioner will indicate which food choices are best for you.



Cold	Cool	Warm	Hot
Banana Watermelon Grapefruit Pineapple Tangerine Cucumber Zucchini Turnip Celery Cauliflower Eggplant Asparagus Seaweed Bean Sprouts Bok Choy Barley Crab Tofu Salad Cheese Ice cream Iced drinks Beer	Pear 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 Sugar cane	Nectarines 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 Milk	Lychee 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 tend to be warming/hot.**

Raw - Steamed - Boiled - Stewed - Stir fried - Baked - Deep fried - Roasted
 Coolest ← → Warmest