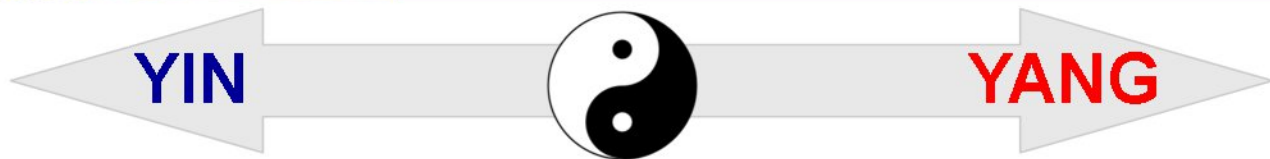




Every food has its own innate temperature. This chart notes the temperature element of some common foods. It is intended to help guide in making better food choices to maintain an internal balance. Based on your presenting symptoms & Chinese Medical diagnosis, your practitioner will indicate which food choices are best for you.



COLD	COOL	WARM	HOT
Fruits: banana grapefruit pineapple tangerine watermelon	Fruits: apples cantaloupe cherries kiwi lettuce mango oranges pear plum strawberries	Fruit/Vegetable: broccoli dates green bean green pepper nectarines tomato yellow corn	Fruit/Vegetable: avocado chili peppers lychee onion - raw
Vegetables: asparagus celery cauliflower cucumber eggplant salad seaweed turnip zucchini	Vegetables: bitter melon cabbage mushrooms onion - cooked snow pea spinach sprouts white corn	Animal protein: chicken egg yolk fish pork turkey	Animal protein: duck lamb trout venison
Other: barley bean sprouts bok choy cheese crab mint tofu	Other: millet miso mung bean	Herbs/Spices: cumin fennel garlic ginger pepper	Herbs/Spices: cinnamon cloves horseradish red pepper
Drinks/Dessert: ice cream popsicles iced drinks beer	Drinks/Dessert: coconut water green tea oolong tea sugar cane	Oats/Nuts/Seeds/Bread: oats pumpkin seeds quinoa noodles bread rice	Other: nuts grilled foods deep fried foods tobacco smoke
		Drinks/Dessert: honey black tea milk	**Processed food tends to be warming/hot** Drinks/Dessert: chocolate cocoa coffee alcohol

raw - steamed - boiled - stewed - stir fried - baked - deep fried - roasted

coolest ←

→ warmest