

| | HOT | WARMING (Yang tonics) | NEUTRAL | COOLING |
|---|---|--|---|---|
| PROTEIN, Including Meats, Fish & Dairy | Lamb, Mutton, Goat, Venison, Sheep Kidney, Trout | Chicken, Turkey, Chicken Liver, Ham, Pheasant, Beef Kidney, Anchovy, Eel, Trout, Shrimp, Mussels, Lobster | Pork, Beef, Bison, Duck, Pork Kidney, Beef & Pork Liver, Goose, Mackerel, Herring, Carp, Sardines, Mackerel, Salmon, Tuna, Cold Ocean Fish, Oysters, Cheese, Cow Milk, Chicken Eggs | Duck, Rabbit, Duck Eggs, Clams, Cod, Crab, Scallop, Whitefish, Octopus, Cottage Cheese, Yogurt, Pork, Tofu |
| VEGETABLES | Cayenne Pepper | American Parsley, Kale, Parsnip, Squash, Sweet Potato, Black Bean, Mustard Greens | Aduki Beans, Beets, Yam, Potato, Pumpkin, Carrots, Cabbage, Asparagus, Radish, Green Beans, Kidney Beans, String Beans, Red Bean, Peas, Black Soy Bean, Shitake Mushroom | Mung Beans, Bamboo Shoots, Turnip, Broccoli, Cauliflower, Celery, Cucumber, Lettuce, Dandelion Leaf, Seaweed, Kelp, Watercress, Summer Squash, Zucchini, Spirulina, Tomato, Eggplant, Spinach, Chlorella, Yellow Soy Bean, Swiss Chard, Wheat Grass, Button Mushroom |
| GRAINS | | Oats, Sorghum, Sweet Potato, Sweet Rice(Mochi) | Brown Rice, White Rice, Lentils, Rye, Quinoa, Taro, Corn | Buckwheat, Millet, Barley, Wheat, Wild Rice |
| FRUITS & NUTS | | Cherry, Dates, Chestnut, Litchi, Peach, Coconut, Pine Nuts, Chestnuts, Walnuts | Papaya, Pineapple, Pomegranate, Raspberry | Apple, Banana, Pear, Cranberry, Orange, Kiwi, Mango, Melon, Strawberry, Coconut Juice, Watermelon |
| HERBS & SPICES & FATS | Black Pepper | Basil, Dill, Cinnamon, Bay Leaf, Nutmeg, Ginger, Turmeric, Fennel, Rosemary, Vinegar, Butter, Soy Bean & Coconut Oils | Olive Oil, Peanut Oil | Flax Seed Oil, Sesame Oil, Peppermint, Salt |

TCM ENERGETICS & ACTIONS OF FOODS BY FOOD GROUPS

| TCM PATTERN | DRAIN DAMP | TRANSFORM PHLEGM | RESOLVE QI STAGNATION | RESOLVE BLOOD STAGNATION | WIND DISPERSING | YIN TONICS | BLOOD TONICS | QI TONICS |
|---|---|--|---|---------------------------------|---|--|--|--|
| PROTEIN, Including Meats, Fish & Dairy | Beef, Beef Kidney, Lamb Kidney Anchovy, Mackerel, Sardine, | Clam, Lobster, Shrimp | Chicken, Crab | Crab, Sturgeon | Eel, Snake Meat, Shrimp | Duck, Rabbit, Turkey, Herring, Lamb, Pork, Pork Kidney and Lung, Raw Beef Liver, Milk, Tofu, Egg, Cottage Cheese, Clam, Cod, Crab, Oyster, Sardine | Beef, Bone Marrow, Liver, Heart, Eggs, Pork, Pork skin, Sardines, Oyster, Cuttlefish | Chicken, Beef, Rabbit, Mutton, Eel, Carp, Trout, Herring, Mackerel, Tofu |
| VEGETABLES | Asparagus, Parsley, Broccoli, Lettuce, Celery, Corn, Parsnip, Aduki Bean, Kidney Bean, Winter Melon, Pumpkin, Horseradish, Seaweed, Alfalfa sprouts | Mushroom, Olive, Seaweed, Kelp, Pepper, Shitake Mushroom, Radish, Watercress, Plantain | Carrot, Orange and Tangerine Peel, Lemon, Watercress, Brussel sprouts, Jerusalem Artichoke, Asparagus | Chili Pepper | Parsnip | Button Mushroom, Tomato, Sea Weed, Green Pepper, Black and Kidney beans, String Beans, Asparagus, Spinach, Peas, Yam | Carrot, Aduki Bean, Kidney Beans, Beet Root, Parsley, Kelp, Spinach, Dark Leafy Greens, Watercress | Sweet Potato, Yam, Pumpkin, Squash, Lentils, Shitake Mushrooms |
| GRAINS | Barley, Rye, Buckwheat, Rice Bran, Brown Rice, Job's Tears | | | | Oats | Barley, Millet, Quinoa, Rice, Wheat, | Sweet Rice | Oats, Millet, Corn, Brown Rice |
| FRUITS & NUTS | Lemon, Papaya, Cranberry | Pear, Apple, Walnut, Almond, Lemon or Tangerine Peel, Grapefruit peel | Hawthorn Berry | Peach, Hawthorn Berry | Cherry, Pine Nuts | Apple, Banana, Mango, Pear, Strawberry, Lemon, Berries, Watermelon, Pineapple | Fig, Dates, Longan, Lychee Apricots | Dates, Figs, Cherry, Lychee, Longan, Peanut, Coconut |
| HERBS & SPICES & FATS | Vinegar, Green Tea, Jasmine Tea | White and Black pepper, Thyme, Marjoram, Peppermint | Basil, Cayenne, Marjoram, Cumin, Turmeric, Cardamom, Coriander/cilantro | Vinegar, Brown Sugar | Anise, Basil, Chamomile, Ginger, Peppermint, Kudzu Root | Honey | Molasses, Nettle | Molasses, Ginseng, Royal Jelly, Gingko leaves, Licorice |

TCM PATTERNS & ACTIONS OF FOODS BY FOOD GROUPS

Specific ACTIONS OF FOODS

Avoid if Damp: Too much raw & cold foods (avoid with Spleen Qi deficiency), Dairy products (sheep and goat products are less Dampening), Pork, Fatty Meats, Peanuts, Bananas, Sugar & Sweeteners, Saturated Fats, Concentrated juices especially Orange & Tomato, Wheat Bread, Grains, Pasta, Beer, Yeast

Improve appetite: Green Pepper, Ham, Red pepper

Lubricate intestines: Banana, Milk, Peach, Soybean oil, Walnut, Watermelon

ORGAN SUPPORT, including by FIVE TASTES OF FOOD

| SPLEEN/DIGESTION | LIVER | KIDNEY | LUNG/SKIN | HEART |
|--|--|---|--|---|
| Chicken, Chicken Egg, Cow Stomach, Boiled Beef, Boiled Lamb, Buckwheat, Barley, Carrots, Squash/Pumpkin, Eggplant, Papaya <i>Sweet tasting foods (tonifying & moistening quality):</i> Sweet Potatoes, Beef, Pork, White Rice, Coconut Milk, Honey | Pork Liver, Lamb Liver, Squid, Eggs, Eel, Shrimp, Aduki (Azuki) beans, Omega-3 Fish Oil, Celery, Eggplant, Shiitake, Bitter Melon, Daikon, Dandelion, Beets <i>Sour foods (astringent or holding quality):</i> Vinegar, Tomato Sauce, Apple, Citrus, Olive, Berries | Chicken Liver, Chicken Egg, Duck, Eel, Adzuki Bean, Shiitake, Pork, Lamb, Sea Cucumber, Miso, Sweet Rice (mocha), Wheat/ Barley/ Millet String Bean, Winter Melon, Lettuce, Watercress <i>Salty foods (softening & detoxifying quality):</i> Clams, Duck, Oyster, Seaweeds | Job's Tears, Milk <i>Spicy/Pungent foods used in small amounts (promote circulation of Qi):</i> Chinese Parsley, Ginger, Dill Seed | Wheat <i>Bitter foods (draining quality):</i> Asparagus, Ginseng, Bitter Melon, Celery, Radish, Lettuce |

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