

Hot and Cold Foods Chart

	COLD	COOL	NEUTRAL	WARM	HOT
MEAT	Sea Clams Snails Pig Bone Marrow Crab Cuttlefish Preserved Jellyfish	Pig Skin Rabbit Frog Conch Duck	Pork Goose Oyster Loach Beef Quail Sea Eels	Fresh Water Shrimp Fresh Water Eels Sea Cucumber Carp Sparrow Venison Pig's Liver Chicken Hairtail Mussels	Trout Camel Lamb Goat
FRUIT	Watermelon, Banana Pomelo Grapefruit, Persimmon Mulberry Star Fruit	Pears Musk Melon Apple Pineapple Coconut Strawberry Orange Tangerine Loquat Fruit Mango Papaya Water Caltrop	Fuzzy Melon Plum Fig Grape Lemon Olives	Pomegranate Apricot Cherry Peach Litchi Logan Fruit Raspberry Dates	
VEGETABLES	Root of Kudzu Vine Wild Rice Stem Bamboo Shoot Chrysanthemum, Bitter Gourd Lotus Root Sugar Cane Water Chestnut Angled Luffa Tomato, Seaweed Kelp Sprouts Water Spinach Watercress Lettuces Arrowhead	Peppermint Celery Chinese Radish Loofah Eggplant Peking Cabbage Chinese Cabbage Leaf Mustard Wax Gourd Mung Bean Pea Lily Bulb Indian Lettuce Bean Curd Mushrooms Soybean Milk	Corn Taro Sweet Potato Potato Turnips Carrots Cabbage Radish Leaf Beetroot White Fungus Black Fungus Shitake- Mushrooms Soybeans Adzuki Beans	Coriander Chinese Chives Onions Green Onion Asparagus Sweet Peppers Sword Beans Spearment Pumpkin Ginger Garlic Sweet Basil	Leeks
NUTS, SEEDS & GRAINS		Millet Barley Buckwheat Coix Seed	Rice Peanut Cashew Nuts Pistachio Nuts	Chestnut Walnut Pinenut Sticky Rice	

		Amaranth	Almonds Lotus Seeds Black Sesame Sunflower- Seeds		
DAIRY		Duck Egg Egg White Soy Bean Milk Soft Cheese Cream Yogurt Kefir	Cow's Milk	Hard Cheese Goat's Milk Sparrow Egg Goose Egg	
DRINKS		Beer		Coffee, Wine	Spirits
OTHER	Salt, Soy Sauce	Sesame Oil	Rock Sugar, Sugar Royal Jelly Honey	Tobacco Brown Sugar Maltose Cumin Clove Cinnamon Nutmeg Rosemary Star Anise Fennel Seed Dill Seed Rose Buds Vegetable Oil Jasmine Osmanthus Flowers	

CHEESE - The more aged the cheese it the warmer it becomes, so very hard pungent cheese like provolone, limburger, parmesan etc... tend to be VERY warm in nature, while soft cheese tend to be neutral, and things like yogurt and kefir are cooling

BEER – Although beer is cool in nature it's consider to be dampening, and a build up of dampness in the body can turn into heat. The more bitter the beer is the LESS damp it is.

Special Note: If there is something not listed a general search online can be done by typing in the food you have a question about with "TCM" following it, which stands for Traditional Chinese Medicine (which is also Persian Medicine, but the Chinese seem to have more of an abundance of resources listed online).