



## 02. Food Properties Table

	Cold	Cool	Neutral	Warm	Hot
GRAINS		barley, rice, soy bean, mung bean, buckwheat, sago, Semen Coicis	white bean, hyacinth bean, broad bean, black bean, red bean, peas, millet, oats	roasted sesame, sorghum, black rice, wheat, glutinous rice	
VEGETABLES	daikon, wapato potato, winter melon (gourd), tomato, seaweed, kelp, enoki mushroom, fiddlehead, fern root starch, bitter melon, bitter chrysanthemum, Solanum Nigrum (black nightshade), asparagus, purslane, bottle gourd, raw lotus root, pickled cabbage, Brasenia Schreberi (water-shield), water spinach, zucchini, fresh mushroom, wheatgrass, white fungus, bamboo shoots	Taiwanese lettuce (A 菜), chinese cabbage, cauliflower, white yam, water chestnut, spinach, fresh yam (including dried, fermented and soymilk skin), bean sprout, sweet potato, tofu sheet, black fungus, monkey head mushroom, carrot, cucumber, yellow cabbage, water bamboo shoots, daylily, water caltrop, pumpkin, burdock, kale, eggplant, celery, Pak Choy (white vegetable), bell pepper, okra, lettuce, angled luffa (sponge gourd), artemisia lettuce, amaranth leaves, dried mushroom, rapeseed, romaine lettuce, sweet corn, bamboo fungus, nori	cabbage (white cabbage, round white cabbage), sweet potato leaves, fermented soya bean, string bean (Chinese long bean), leaf mustard, cowpea, Gai Lan, wheat gluten, lotus root (cooked), broccoli, potato, gluten (gluten in water, fried gluten), dried mushroom, pickled mustard green (salted mustard, salted mustard head), garland chrysanthemum (tong ho), potherb mustard, taro	garlic, basil, garlic chive, garlic stem (garlics scapes), fresh ginger slice, coriander, Chinese Toon (Xiang Chun), scallion, onion	star anise, clove, ground pepper, sichuan peppercorn, fennel, ginger powder, wasabi, curry powder, chili, dried ginger slice, cinnamon, five spices powder, cumin
	<b>A person with Heat Energy Deficiency should consume cooked food and to add fresh ginger or other seasonings of hot nature.</b>				
FRUITS & NUTS	Areca nut, pineapple, sugar cane, honey dew, tangerine, pear, wax apple, lotus plumule, orange, lemon, kiwi, navel orange, dried persimmon, persimmon, watermelon, cantaloupe, banana, star fruit, coconut juice, pomelo	Lily, jackfruit, strawberry, jujube, date, guava, bergamot, olive, dragon fruit, kumquat, avocado, plum, lychee, durian, longan (dried), mango, papaya, loquat, apple, grape (dried), mulberry, hawthorn, pomegranate, sweetsop, peach, fig, apricot, myrica rubra, cherry	Peanut, sunflower seed, chestnut, lotus seed, pumpkin seed, gorgon fruit	Roasted dried fruits (roasted melon seed, roasted peanut, roasted chestnut, roasted cashew)  Nuts (walnut, pistachio, pine nut, Chinese torreyia nuts, almond, hazelnut)	
OTHERS	White sugar, icy food, rock sugar, chemically-processed food, chemically-processed medicine, alcohol, Monosodium Glutamate (MSG), wine, artificial drinks, cassia seed, green tea, saccharin	Peppermint, vinegar, soya milk, propolis, honey, royal jelly, seafood, lotus leaf, black tea, brown sugar, bee pollen, soya sauce, enzyme, chrysanthemum, coffee, luo han guo, konjac, milk, Malva nut, chocolate, salad dressings, water (filtered water, spring water), salt, edible bird's nests, maltose (liquid malt syrup), yogurt, cornsilk	All kinds of eggs, fermented soya paste, noodle sauce	Tahini sauce	



### 03. Traditional Chinese Medicine Medicinal Properties Classification Table

Cold	Cool	Neutral	Warm	Hot
<p>Herba Hedyotidis Diffusae, Radix Pulsatillae Chinensis, Herba Patriniae, Radix Isatidis, Herba Scutellariae Barbatae, Semen Plantaginis, Magnetitum, Radix et Rhizoma Rhei, Folium Isatidis, Haematitum Herba Lophatheri, Cortex Lycii, Radix Stephaniae Tetrandrae, Spora Lygodii, Gypsum Rubrum, Folium Nelumbinis, Talcum, Cortex Phellodendri, Rhizoma Coptidis, Radix Scutellariae, Flos Loniceriae, Semen Cassiae, Fructus Forsythiae, Plumula Nelumbinis, Lucid Ganoderma, Radix Gentianae, Succus Aloes Folii Siccatus, Rhizoma Phragmitis, Natrii Sulfas, Flos Buddlejae, Cortex Moutan, Concha Ostreae, Caulis Akebiae, Herba Taraxaci, Herba Artemisiae Annuae, Semen Celosiae, Radix Sophorae Tonkinensis, Rhizoma Belamcandae, Gypsum Fibrosum, Eupolyphaga seu Steleophaga, Pulp of Watermelon, Cornu Rhinocerotis Asiatici, Spica Prunellae, Radix Scrophulariae, Faeces Vesperilionis, Herba Artemisiae Scopariae, Herba Houttuyniae, Rhizoma Alismatis, Pearl, Rhizoma Anemarrhenae, Fructus Gardeniae, Cinnabaris, Radix Lithospermi, Herba Violae, Fluoritum</p>	<p>Rhizoma Blefillae, Radix Paeoniae Alba, Bulbus Lillii, Semen Platycladi, Herba Menthae, Cormus Eleocharitis Dulcis, Carapax Trionycis, Borneol, Radix Bupleuri, Periostracum Cicadae, Radix Paeoniae Rubra, Semen Phaseoli, Bulbus Fritillariae Cirrhosae, Fructus Toosendan, Squama Manitis, Fructus Jujubae (Chinese Date), Radix Salviae Miltiorrhizae, Semen Sojae Preparatum, Earthworm, Semen Benincasae, Fructus Rubi, Radix Glycyrrhizae, Radix Puerariae, Ramulus Uncariae cum Uncis, Fructus Lycii, <i>Carapax et Plastrum Testudinis</i>, Sargassum, Rhopilema esculenta, Herba Ecliptae, Radix Astragali, Bombyx Batryticatus, Herba Lysimachiae, Flos Chrysanthemi, Ecklonia kurome Okam , Semen Trichosanthis, Cornu Saigae Tataricae, Arillus Longan, Fructus Momordicae, Semen Phaseoli Radiati, Radix Ophiopogonis, Fructus Vitis, Flos Rosae Rugosae, Lapis Chloriti, Semen Oroxyli, Herba Equiseti Hiemalis, Fructus Arctii, Calculus Bovis, Fructus Ligustri Lucidi, Semen Sterculiae Lychnophorae, Folium Eriobotryae, Radix Peucedani, Cortex Mori, Fructus Mori, Folium Mori, Radix Adenophorae, Fructus Corni, Fructus Crataegi, Rhizoma Cimicifugae, Radix Rehmanniae, Herba Dendrobii, Concha Haliotidis, Calyx Kaki, Semen Ziziphi Spinosae, Radix Asparagi, Radix Trichosanthis, Concretio Silicea Bambusae, Fructus Mume, Fructus Schisandrae, Hairvein Agrimonia Herb, Herba Leonuri, Semen Coicis, Stigma Maydis, Rhizoma Polygonati Odorati, Radix Curcumae, Bulbus Fritillariae Thunbergii, Fructus Aurantii Immaturus, Succus Bambusae, Caulis Bambusae in Taeniam</p>	<p>Colla Corii Asini (Donkey-hide gelatin), Radix Paeoniae Alba (stir-fried), Cordyceps Sinensis, Poria, Fructus Oryzae Germinatus, Tokay Gecko, Cortex Albizziae, Radix Polygoni Multiflori Praeparata, Semen Sesami Nigrum, Fructus Cannabis, Endothelium Corneum Gigeriae Galli, Radix Platycodi, Semen Raphani, Semen Nelumbinis, Ossa Draconis, Fructus Liquidambaris, Herba Centellae, Fructus Hordei Germinatus, Radix Achyranthis Bidentatae, Pollen Typhae, Semen Euryales, Buthus martensii Karsch (Scorpion), Rhizoma Sparganii, Herba Taxilli, Ramulus Mori, Rhizoma Dioscoreae, Hirudo, Retinervus Luffae Fructus, Lignum Sappan, Semen Persicae, Rhizoma Gastrodiae, Concha Arcae, Semen Vaccariae, Glycinemax (L.) merr (Black Bean), Resina Draconis, Crinis Carbonisatus, Caulis Polygoni Multiflori, Semen Pruni, Grifola, Pyritum, Radix Ginseng Albae (White Ginseng), Radix Codonopsis, Radix Pseudostellariae, Radix Panacis Quinquefolii (American Ginseng).</p>	<p>Folium Artemisiae Argyi (Argy wormwood leaf), Radix Morindae Officinalis, Fructus Amomi Rotundus, Giant Typhonium Rhizome, Fructus Tribuli, Semen Brassicae, Rhizoma Atractylodis Macrocephalae, Radix Angelicae Dahuricae, Radix Stemonae, Rhizoma Pinelliae, Fructus Psoraleae, Fructus Xanthii, Atractylodes Lancea, Rhizoma Acori Graminei , Pericarpium Citri Reticulatae, Halloysitum Rubrum, Szechuan Lovage Rhizome, Bulbus Allii Fistulosi, Pericarpium Arecae, Radix Angelicae Sinensis, Radix Angelicae Pubescentis, Cortex Eucommiae, Curcuma zedoaria (Christm.) Rosc., Radix Saposhnikoviae, Fructus Citri Sarcodactylis, Radices Ligustici Sinensis, Rhizoma Cibotii, Rhizoma Drynariae, Ramulus Cinnamomi, Flos Carthami, Cortex Magnoliae Officinalis, Semen Juglandis, Herba Pogostemonis, Caulis Spatholobi, Rhizoma Curcumae Longae, Herba Schizonepetae, Flos Farfarae, Lychee exocarp, Diverse Wormwood Herb, Cornu Cervi Pantotrichum, Herba Ephedrae, Myrrh, Radix Aucklandiae, Herba Eupatorii, Rhizoma seu Radix Notopterygii, Radix Gentianae Macrophyllae, Pericarpium Citri Reticulatae Viride, Red Ginseng, Herba Cistanches, Olibanum, Radix Notoginseng, Ootheca Mantidis, Semen Astragali Complanati, Fructus Amomi, Moschus, Massa Medicata Fermentata, Lignum Aquilariae Resinatum, Rhizoma Zingiberis Recens (Fresh Ginger), Radix Rehmanniae Preparata, Pine Nodular Branch, Fructus Perillae, Herba Cynomorii, Lignum Santali Albi, Rhizoma Arisaematis, Semen Cuscutae, Radix Clematidis, Radix Linderae, Scolopendra, Cortex Acanthopanax, Faeces Trogloteri, Herba Asari, Rhizoma Cyperi, Herba Moslae, Bulbus Allii Macrostemis, Flos Magnoliae, Semen Armeniacae Amarae, Radix Dipsaci, Flos Inulae, Rhizoma Corydalis, Fructus Alpiniae Oxyphyllae, Herba Epimedii, Limonitum, Coriander, Radix Polygalae, Fructus Gleditsiae Abnormalis, Herba Lycopi, Placenta Hominis, Folium Perillae, Radix Asteris</p>	<p>Pericarpium Zanthoxyli, Flos Caryophylli, Radix Aconiti Lateralis Praeparata, Fructus Piperis (Pepper), Ginger powder, Dried ginger, Cortex Cinnamomi, Fructus Evodiae, Rhizoma Curculiginis, Fructus Foeniculi</p>