

NUTRITIONAL RECOMMENDATIONS CHECKLIST

FOOD	FLAVOR	ROUTE	ACTIONS	PREPARATION
GRAINS+				
Amaranth	+▽	L	D	Cool
Barley	+◇	S, Sp	●☾HW	Cool
Buckwheat	+	LI, S	DH	Cool
Corn	+	K, LI, S	●○DW	Neutral
Flax	+	LI, S		Neutral
Job's Tears	+	K, LI, L, Sp, S	●○DHW	Cool
Linseed	+	LI, Lv, Sp		Neutral
Millet	+◇	K, Sp, S	HT	Cool
Oats	+	K, Sp	●○Qc	Warm
Quinoa	+⊗	K, P	☼	Warm
Rice	+		●○	Neutral
Rye	▽	GB, Lv, Sp	CD	Neutral
Sorghum	+	LI, L, S	CD	Warm
Spelt	+	Sp	●	Warm
Sweet Rice	+	Sp, S	●○	Warm
Wheat	+	H, K, Sp	H	Cool
Wheat Bran	+	LI	●○	Cool
Wheat Germ	*	H, Sp, L	BcH	Cold
Wild Rice	+⊗	K, UB		Cool
VEGETABLES+				
Alfalfa Sprout	◇▽	K, LI	☾DH	Neutral
Artichoke	+◇▽	GB, Lv	☾●QcTW	Cool
Asparagus	+▽	K, L	●DH	Cold
Aubergine	+	LI, Lv, Sp, S, U	BcH	Cool
Bamboo Shoot	+	LI, Lv, L, S	DHW	Cold
Beetroot	+	H, Lv	●	Neutral
Black Fungus	+	Lv, S		Neutral
Broccoli	*▽			Cool
Cabbage	+*	Lv, S	H	Neutral
Caper	*▽		BcC	Warm
Carrot	+	Lv, L, Sp	Qc	Neutral
Cauliflower		LI, Sp, SI		Cold
Celery	+▽	Lv, S	DHW	Cool
Chicory	▽	GB, Lv	W	Cool
Chinese Cabbage	+	LI, S	DHW	Cold
Courgette	+			Cool
Coriander Leaf	*	L, Sp	Bc	Warm
Cucumber	+	LI, Sp, S	HT	Cool
Daikon	+*		DP	Cool
Dandelion Leaf	+◇▽	GB, Lv, S	●HW	Cold
Kale	+▽	L, S		Warm
Kelp	◇	UB, K, Lv, S	☾●TW	Cool

Kohlrab	+*∇		BcCD	Neutral
Leek	+◇	Lv	BcC	Warm
Lettuce	+∇	LI, S	DHW	Cool
Marrow	+			Cool
Mungbean Sprout	+	LI	●HT	Cold
Mushroom Button	+	LI, L, SI, S	PQcT	Cool
Mustard Leaf	*	L, S	BcCP	Warm
Nori	+◇		⊂HP	Cold
Olive	+⊗	L, S	T	Neutral
Onion	*	L	BcCDT	Warm
Parsnip	+*	Lv, L		Warm
Pepper	*	S	Bc	Warm
Plantain	+	LI, S	⊂HP	Cold
Potato	+	K, Sp	⊂OH	Neutral
Pumpkin	+	L, Sp	D	Neutral
Radish	+*	L, S	DPQcT	Cool
Scallion	+∇	H, LI, L	BcCD	Warm
Seaweed	◇	K, S	⊂HPTW	Cold
Shitake Mushroom	+	S	○P	Neutral
Spinach	+	L, S	●	Cool
Spring Onion	*	L, S		Warm
Squash	+	Sp, S	○CQc	Warm
String Bean	+	K, Sp	⊂	Neutral
Sweet Potato	+	K, Sp	⊂OC	Warm
Swiss Chard	+	LI, L, Sp, S	HT	Cool
Tomato	+⊗	Lv, S	⊂	Cold
Turnip	+*∇	S	BcCDHT	Neutral
Water Chestnut	+	L, S	⊂HP	Cold
Watercress	*∇	LI, L, Sp, S	●PQcTW	Warm
White Fungus	+		D	Neutral
Yam	+	K, L, Sp	⊂○	Neutral
FRUITS+⊗				
Apple	+⊗	H, L, S	⊂H	Cool
Apricot	+⊗	L	⊂●	Neutral
Avocado	+	LI, Lv, L, Sp	⊂●	Cool
Banana	+	LI, L	⊂HT	Cold
Blackberry	+⊗	Lv, K		Hot
Black Currant	+⊗	Lv, K		Cool
Blue/Bilberry	⊗	L, Sp, S	DHT	Cool
Cassio Fruit	*	K, Lv	⊛	Warm
Cherry	+	H, Sp, S	⊂○BcC	Warm
Coconut	+		○	Neutral
Crab Apple	+⊗	H, Lv, L		Neutral
Cranberry	+⊗	UB, K, LI	DH	Cold
Date	+	Lv, L, Sp	●○	Warm
Fig	+	LI, L, Sp	●○HT	Neutral
Gooseberry	+⊗			Cold

Grape	+⊗	K, Lv, L, Sp	●○W	Neutral
Grapefruit	+⊗		HPQc	Cold
Lemon/Lime	⊗	GB, K, LI, Lv, Sp	⊔BcHQcT	Cold
Longan	+	H, Sp	●○BcC	Warm
Lychee	+⊗	Lv	BcC	Warm
Mango	+⊗	S	○H	Cold
Melon	+	H		Cold
Mulberry	+	K, Lv, L	⊔●	Cold
Orange	+⊗	Lv		Neutral
Papaya	+▽	Lv, S	D	Neutral
Peach	+⊗	LI, SI, S	BcCQc	Warm
Pear	+⊗	L, S	⊔HP	Cool
Persimmon	+	H, LI, L, Sp	⊔H	Cold
Pineapple	+⊗		H	Neutral
Plum	+⊗	Lv	H	Neutral
Pomegranate	+⊗	UB	⊔	Neutral
Quince	⊗	Lv, Sp		Warm
Raspberry	+⊗	Lv, K	⊛	Neutral
Rhubarb	▽	LI	BcHT	Cold
Strawberry	+⊗	K, Lv, L, Sp		Cool
Tangerine	+⊗	L, S	Qc	Cool
Watermelon	+	UB, H, S	⊔HW	Cold

HERBS AND SPICES*

Aniseed	+*	H, L, Sp	DQc	Warm
Basil	+*▽	K, L	⊛CPQc	Warm
Bay	*		⊛BcC	Warm
Caraway	+*	UB, K, Sp	PQc	Warm
Cardamom	+*▽	L, Sp	PQc	Warm
Carob	+⊗			Warm
Cayenne	*	L, Sp, S	⊛BcCQc	Hot
Chili	*	H, Sp	⊛BcCQc	Hot
Chive leaf	*	K, Lv, S	BcQc	Warm
Chive seed	*◇	K, Lv	⊛C	Warm
Cinnamon bark	*▽	K, Sp	⊛CQc	Hot
Cinnamon twig	+*	UB, H, L		Warm
Clove	*	K, Sp, S	⊛CQc	Warm
Coriander seed	*⊗	S	C	Neutral
Cumin	*	Lv, Sp		Warm
Dill seed	*	K, Sp	CQc	Warm
Fennel seed	+*	UB, K, Sp	⊛CPQc	Warm
Fenugreek	▽	K, Lv	⊛CW	Warm
Garlic	+*◇	H, Lv, L, Sp	⊛CPQc	Hot
Ginger (dry)	*	L, Sp, S	⊛CQc	Hot
Ginger (fresh)	*	L, Sp, S	CP	Warm
Hawthorn	+⊗	H, Lv, P, Sp,	BcQc	Warm

			S		
Horseradish	*		UB, K, L, S	⊗DPQcW	Hot
Juniper	+*∇		Sp, K	CPQcW	Warm
Licorice	+		All	○HPT	Cold
Marjoram	+*∇		H, K, Sp, L	⊍Qc	Cool
Mint	*				Cool
Mustard	*		L	PQc	Hot
Nettle	+◇		UB, K, Lv, Sp	●⊍DTW	Cool
Nutmeg	*		LI, Sp	⊗BcCQc	Warm
Oregano	+*∇		L, S		Warm
Parsley	*◇∇		UB, S	T	Warm
Pepper (black)	+*		K, H, LI, Sp	CDPTQc	Hot
Pepper (white)	*		LI, S, Sp	CP	Hot
Purslane	⊗		UB, LI, Lv	BcHT	Hot
Rosemary	+*		H, K, Lv, L, Sp	⊗CP	Warm
Saffron	*		H, Lv	Qc	Neutral
Sage	*		L, S		Warm
Savory	+*∇		K, L	⊗CPQc	Warm
Tamarind	+⊗		LI, S	DH	Cool
Thyme	*∇		L, Sp	PQc	Warm
Turmeric	*∇		Sp, S	BcQc	Warm

OILS AND CONDIMENTS+

Olive oil	+		Sp, Lv		Neutral
Peanut oil	+		LI, L, Sp		Neutral
Sesame oil	+		S	HT	Cool
Soya oil	+*		LI	BcC	Warm
Agar oil	+		Lv, L	HT	Hot
Amasake oil	+		L	●BcC	Warm
Brown Sugar	+		Lv, Sp		Warm
Honey	+		LI, L, Sp	T	Neutral
Kuzu	+		LI, Sp, S	H	Cool
Malt Sugar	+		L, Sp, S	BcC	Warm
Miso	◇				Warm
Molasses	+		K, Lv, Sp	●○	Warm
Rice Syrup	+				Warm
Salt	◇		K, LI, S, SI	HPT	Hot
Soya Sauce	◇				Cool
White Sugar	+				Neutral
Vinegar	⊗∇		Lv, S	BcCT	Warm

BEVERAGES+▽				
Beer	+▽	H, Sp, S		Cool
Chamomile	+▽	LI, Lv, L, P, Sp	Qc	Cool
Chrysanthemum	+▽	Lv, L	HT	Cool
Coffee	+▽	H		Warm
Dandelion root	+◇▽	GB, Lv, Sp	HW	Hot
Elderflower	+*▽	UB, Lv	HPW	Cool
Jasmine	+*	K, Lv, Sp	⊙CPQc	Cool
Lemonbalm	*⊗	Lv, L		Cool
Limeflower	+*	Lv, L	HQc	Cool
Peppermint	+*	Lv, L, Sp	PQc	Cool
Raspberry leaf	⊗	S	D	Cool
Rosehip	◇⊗	UB, K, U		Neutral
Soyamilk	+	L, S	●P	Neutral
Star Anise	+*	K, Lv, Sp	⊙Qc	Warm
Tea	+▽	H, L, S	PTW	Cool
Wine	+*▽	H, Lv, L, S	BcCQc	Warm
SUPPLEMENTS+				
Algae	+◇	All	●○T	Cool
Dongui	+*	Sp, Lv	●	Warm
Ginseng (American)	+▽	K, L, Sp, S	○☾	Cool
Ginseng (Chinese)	+	L, Sp	○	Warm
Ginseng (Korean)	+▽	H, Sp	○⊙	Hot
Kelp	◇	S	HPW	Hot
Pollen	All	All	●○	Neutral
Royal Jelly	+	Lv, Sp	○☾	Neutral
BEANS+				
Adzuki	+⊗	H, K, S	☾●DTW	Neutral
Black bean	+	K	☾●W	Warm
Broad bean	+	K, Sp		Neutral
Chickpea	+	H, S		Neutral
Kidney bean	+	K	☾●DH	Neutral
Lentil	+	H, K, Sp, S	W	Neutral
Lima bean	+	Lv, L	☾	Cool
Mung bean	+	H, S	☾H	Cool
Pea	+	Sp, S	W	Neutral
Soybean (black)	+	K, Sp	☾W	Neutral
Soybean (yellow)	+	LI, Sp	H	Cool
Tofu	+	LI, Sp, S	☾HT	Cool

NUTS/SEEDS+					
Almond	+	L	P		Neutral
Chestnut	+	K, Sp, S	☼C		Warm
Coconut	+	H			Warm
Coconut milk	+		☾C		Warm
Hazel	+				Neutral
Peanut	+	L, Sp			Neutral
Pine kernel	+	LI, Lv, L	☾BcC		Warm
Pistachio	+⊗▽	K, Lv	☼		Neutral
Pumpkin seed	+▽	LI, Sp			Neutral
Sesame (black)	+	K, Lv	☾●		Neutral
Sesame (white)	+		☾		Neutral
Sunflower seed	+	Sp			Neutral
Walnut	+	K, L	☾☼○CP		Warm
FISH+◇					
Abalone	+◇		☾H		Neutral
Anchovy	+		☼CDW		Warm
Carp	+	K, Sp	W		Neutral
Clam (freshwater)	+◇	K, Lv	☾H		Hot
Clam (saltwater)	◇	S	☾HP		Hot
Crab	◇	Lv, S	☾BcHP		Hot
Cuttlefish	◇	H, K, Lv	☾●		Neutral
Eel	+	K, Lv, Sp	○D		Warm
Frog	+	UB, LI, S, SI	○HTW		Cool
Herring	+	L, Sp	○T		Neutral
Lobster	+◇	K	☼P		Warm
Mackerel	+	Lv, S	○DW		Neutral
Mussel	◇	K, Lv	☼○BcC		Warm
Octopus	+◇		☾●○H		Hot
Oyster	+◇	K, Lv	☾●○		Neutral
Salmon	+	Sp, S			Neutral
Sardine	+◇	Sp, S	W		Neutral
Shark	+◇	Sp	☾		Neutral
Shrimp/prawn	+	K, Lv	☼BcCP		Cool
Sturgeon	+	L, P	○		Neutral
Trout	⊗	S	○C		Hot
Whitefish	+	Lv, L, Sp, S			Neutral
MEAT+					
Beef	+	LI, Sp, S	☾●○		Neutral
Chicken	+	Sp, S	○BcC		Warm
Duck	+	K, L	●		Neutral

Goose	+	L, Sp	☾☉	Neutral
Ham	◇	Sp	☉	Warm
Kidney (beef)	+	K	☼	Warm
Kidney (pork)	◇	K	☾	Neutral
Kidney (sheep)	+	K	☼BcCQc	Warm
Lamb	+	K, Sp	☼	Hot
Liver (beef)	+	Lv	●	Neutral
Liver (chicken)	+	K, Lv	☉Bc	Warm
Liver (pork)	+▽	Lv	●	Warm
Liver (sheep)	+▽	Lv	●	Cool
Mutton	+		☉C	Warm
Pheasant	+⊗	H, S	☉	Warm
Pigeon	+◇		☾☉	Neutral
Pork	+◇	K, Sp, S	☾●	Neutral
Quail	+	LI, Sp, S	☉DH	Neutral
Rabbit	+	LI, Lv	☾☉	Cool
Sparrow	+	UB, K	☼	Warm
Turkey	+	Sp, S		Warm

DAIRY+

Butter	+		BcC	Warm
Cheese	+⊗	L	☾	Neutral
Egg (chicken)	+	H, K, L, S	☾●	Neutral
Egg white (chicken)	+	L	H	Neutral
Egg yolk (chicken)	+	H, K	☾●	Neutral
Egg (duck)	+	H, L, S	☾	Cool
Milk (cow)	+	H, L, S	☾	Neutral
Milk (sheep/goat)	+	S		Warm
Yogurt	+⊗			Hot

LEGEND

Five Flavors:

+ = sweet
 * = pungent
 ◇ = salty
 ⊗ = sour
 ▽ = bitter

Tonifying Foods:

● = blood
 ○ = qi
 ☾ = yin
 ☼ = yang

Regulating Foods:

Qc = promotes Qi Circulation
 Bc = promotes Blood Circulation
 H = counteracts Heat
 C = counteracts Cold
 D = counteracts Damp
 W = drains Water
 P = resolves Phlegm
 T = removes Toxins

Food Preparation Temperature:

(in order from least to most)
 Hot: deep fried, roasted, grilled
 Warm: stir fried, casserole
 Neutral: baked
 Cool: steamed, poached
 Cold: raw, chilled

Meridian/Organ Routes:

L = Lung
 LI = Large Intestine
 S = Stomach
 Sp = Spleen
 H = Heart
 SI = Small Intestine
 UB = Urinary Bladder
 K = Kidney
 P = Pericardium
 TW = Triple Warmer
 GB = Gall Bladder
 Lv = Liver
 U = Uterus