

## PROPERTIES OF COMMON FOOD

1. corn, neutral temperature, sweet, nourish qi and blood, remove dampness and water.
2. rice, neutral temperature, sweet, nourish qi and blood
3. wheat, cool, sweet, clear heat
4. bamboo shoot, cold, sweet, clear heat, remove dampness and water
5. celery, cool, bitter, sweet, clear heat, remove dampness and water
6. Chinese cabbage, neutral temperature, clear heat, resolve dampness and water
7. cucumber, cool, sweet, clear heat, detoxication
8. lettuce, cool, bitter, sweet, clear heat, remove dampness and water
9. olive, neutral, sour, sweet, detoxication
10. onion, warm, acrid, move blood, disperse cold, remove dampness, detoxication
11. beet root, neutral, sweet, nourish blood
12. pepper, warm, acrid, activate blood
13. potato, neutral, sweet, strengthen yin and qi, clear heat
14. pumpkin, neutral, sweet, remove dampness
15. radish, cool, acrid, sweet, move qi, clear toxin, remove dampness, resolve phlegm
16. spinach, cool, sweet, nourish blood
17. sweet potato, warm, sweet, nourish yin, reinforce qi and disperse cold
18. tomato, cold, sour, sweet, nourish yin
19. apple, cool, sour, sweet, nourish yin, clear heat
20. avocado, cool, sweet, nourish yin and blood
21. banana, cool, sweet, nourish yin, clear heat, detoxication
22. cherry, warm, sweet, reinforce qi, move blood, disperse cold
23. grape, sour, sweet, reinforce qi and blood, promote urination
24. mango, cold, sour, sweet, nourish yin, clear heat
25. papaya, neutral, sweet, bitter, remove dampness
26. peach, warm, sour, sweet, move qi and blood, disperse cold
27. pear, cool, sour, sweet, reinforce yin, clear heat, resolve phlegm
28. pineapple, neutral, sour, sweet, reinforce yin, clear heat
29. strawberry, cool, sour, sweet, nourish yin and blood
30. tangerine, warm, sour, sweet, move qi
31. water melon, cold, sweet, reinforce yin, clear heat, promote urine

32. mung bean, cool, sweet, reinforce yin, clear heat
33. soybean (yellow), cool, sweet, remove water; soybean(Black), neutral, reinforce yin and remove water
34. almond, neutral, sweet, resolve phlegm
35. walnut, warm, sweet, reinforce yang, qi and yin, disperse cold and resolve phlegm
36. Tofu, cold, sweet, reinforce yin and qi, clear heat, detoxication
37. lobster, warm, salty, sweet, reinforce yang, resolve phlegm
38. crab, cold, salty, reinforce yin, move blood, clear heat, resolve phlegm
39. mussel, warm, salty, reinforce yang qi, move blood and disperse cold
40. shrimp, warm, sweet, reinforce yang, move blood, disperse cold and resolve phlegm
41. beef, neutral to warm, sweet, reinforce yin qi, blood
42. chicken, warm, sweet, reinforce qi, move blood and disperse cold
43. lame, hot, sweet, reinforce yang; mutton, warm, sweet, reinforce qi, disperse cold
44. pork, neutral, salty, sweet, reinforce yin and blood
45. egg, neutral, sweet, reinforce yin and blood
46. milk(cow), neutral, reinforce yin
47. vinegar, warm, bitter, sour, move blood, disperse cold, detoxication
48. tea, cool, resolve phlegm, detoxication, move water
49. soya milk, neutral, reinforce blood, resolve phlegm
50. garlic, hot, acrid, salty, sweet, reinforce yang, move qi, remove dampness, resolve phlegm
51. ginger, warm, acrid, disperse cold and resolve phlegm; dried ginger, hot, reinforce yang, move blood and disperse cold
52. mint, cool, acrid, clear heat