



FOOD ENERGETICS*

COOL/COLD FOODS

Meat & Dairy

Chicken egg white
 Duck, Duck egg
 Rabbit
 Turkey
 Yogurt

Fish

Clam
 Cod
 Crab
 Oyster
 Scallop
 Whitefish

Grains

Barley
 Buckwheat
 Brown Rice
 Millet
 Mung Bean
 Wheat
 Wild Rice

Fruit

Apple
 Banana
 Cranberry
 Kiwi
 Lemon
 Mango
 Orange
 Pear
 Strawberry
 Watermelon

Vegetables

Bamboo
 Broccoli
 Cauliflower
 Celery
 Chlorella
 Cucumber
 Eggplant
 Kelp or Seaweed
 Lettuce
 Mushroom
 Spinach
 Spirulina
 Tomato
 White Radish
 Yellow Soybean

Misc

Flax Seed Oil
 Green Tea (small amounts only!)
 Honey
 Marjoram
 Peppermint
 Salt
 Sesame Oil
 Soybean Oil
 Tofu

NEUTRAL FOODS

Meat & Dairy

Beef
 Beef Liver
 Bison
 Cheese
 Chicken Egg (whole)
 Cow's Milk
 Goose
 Pork
 Pork Liver, Kidney
 Quail
 Tripe

Fish

Carp
 Catfish
 Eel
 Herring
 Mackerel
 Salmon
 Sardine
 Sturgeon
 Tuna

Grains

Brown Rice
 Lentils
 Rye
 Sweet Rice

Vegetables

Adzuki Bean
 Black Soybean
 Beet Root
 Cabbage
 Cauliflower
 Carrots
 Chinese Cabbage
 Corn
 Green Bean
 Green Peas
 Kidney Bean
 Pea
 Pumpkin
 Potato
 Radish
 Red Bean
 Shiitake Mushroom
 Soybean
 String Bean
 Sweet Potato
 Yam

Fruits

Apple
 Date
 Lemon
 Lychee
 Papaya
 Pineapple
 Pomegranate
 Raspberry

Misc

Black Sesame Oil
 Crystal Sugar
 Flax Seed
 Ginkgo
 Peanut
 Peanut Oil
 Sesame Seed
 White Sugar

WARM/HOT FOODS

Meat & Dairy

Chicken
 Chicken Egg Yolk
 Chicken Liver
 Goat's Milk
 Ham
 Lamb
 Lobster
 Mutton
 Pheasant
 Prawn
 Sheep Kidney
 Venison

Fish

Anchovy
 Lobster
 Mussel
 Prawn
 Shrimp/Trout

Grains

Oats
 White Rice

Vegetables

Black Bean
 Squash
 Asparagus
 Squash
 Olive
 Pepper
 Pumpkin

Fruit

Apricot
 Blackberry
 Cherry
 Citrus
 Papaya
 Peach
 Plum

Nuts/Seeds

Chestnut
 Coconut
 Pine Nut
 Walnut

Misc

Basil
 Bay Leaf
 Brown Sugar
 Cayenne Pepper
 Cinnamon
 Clove
 Coconut Oil
 Coriander
 Dill Seed
 Dried Ginger
 Fennel Seed
 Ginger
 Molasses
 Mustard
 Nutmeg
 Olive Oil
 Rosemary
 Sage
 Thyme
 Turmeric
 Vinegar

FOODS TO AVOID



Alcohol
 Apple Seeds
 Apricot Pits
 Avocado Peel
 Black Walnuts
 Chocolate
 Cherry Pits
 Chives
 Coffee (Caffeine)
 Garlic
 Grapes/Raisins
 Macadamia Nuts
 Moldy Foods
 Mustard Leaf
 Mustard Seed
 Onions
 Persimmons
 Plum Pits
 Raw Yeast/Dough
 Scallions
 Xylitol