

QiBalance.net  
**Food Categories**

**Five Element Sasang Constitutional Medicine**

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**Notes:**

Foods listed with notes such as "uncertain" or "strengthens lungs" or "strengthens liver" have been put in the category

that they fall in; the "uncertain" means we are not 100% certain of their correct category at this time.

For herbal teas and other products with mixed ingredients, always check the ingredients on the label for anything that is on the list of foods you should avoid.

When determining the food category of any food, always go back to what it is made from. Eg. as peanuts are warming, peanut butter will also be warming.

Something that is sweetened with grape or pear juice will be cooler than something sweetened with apple juice or honey.

"Combined warming & cooling"= it has both warming & cooling ingredients, thus unsuitable for anyone.

FOOD	COOLING	NEUTRAL	WARMING
<b>ALCOHOLIC BEVERAGES</b>			
alcohol			X
beer, made with barley	X		
beer, wheat or sorghum			X
beer, non-alcoholic	X		
brandy			X
fruit coolers			if made with warming fruits
gin			X
liqueurs			X
liquor			X
rum			X
sake			X
scotch	warming & cooling		warming & cooling
sherry			X
tequila			X
vodka			X
whiskey, Irish	warming & cooling		warming & cooling
whiskey, rye			X
wine (table- from grapes)	warming & cooling		warming & cooling
<b>ANIMAL</b>			
bacon	X		
beef		dry; strengthens lungs	
buffalo		strengthens lungs	
butter (cow's)		strengthens lungs	
butter (goat)			X
cheese (cow's)		strengthens lungs	
cheese (goat's)			X
cheese, sheep			X
cheese, soy		strengthens lungs	
chicken			X
cottage cheese		strengthens lungs	
cornish hen			X
duck		strengthens lungs	
elk		strengthens lungs	

FOOD	COOLING	NEUTRAL	WARMING
eggs		X	
ghee (cow)		strengthens lungs	
goose		X	
ham	X		
lamb			extremely warming
liver (beef)		strengthens liver	
liver (pork)	strengthens liver		
liver (chicken)			strengthens liver
milk (cow's)		strengthens lungs	
milk (goat's)			X
mutton			X
ostrich			X
partridge			X
pheasant			X
pork	X		
quail		X	
rabbit			X
turkey			X
veal		strengthens lungs	
venison		strengthens lungs	
<b>BEANS</b>			
aduki	X		
black	X		
black-eyed peas			X
chickpeas			X
fava			X
garbanzo			X
great northern			X
green peas		X	
kidney			X
lentils (all varieties)			X
lima			X
mung	X		
navy			X
pinto			X
soybeans		strengthen lungs	
soy products (milk, tofu)		strengthen lungs	
split peas		X	
split peas yellow		X	
split peas green		X	
tempeh		strengthens lungs	
<b>FRUIT</b>			
apples			X
apricots			X
apple (Asian) pears	strengthens lungs		
avocados		X	
bananas			X
bitter melon	uncertain		
blackberries	X		
blueberries			X
boysenberries	X		
cantaloupe	X		
cherries			X
coconut		strengthens lungs	
cranberries	X		
currants		X	

FOOD	COOLING	NEUTRAL	WARMING
dates			X
durien			X
elderberries		uncertain	
figs			X
gooseberries			uncertain
grapefruit			X
grapes	strengthens liver		
guava			X
honeydew melon	X		
huckleberries			X
kiwi	strengthens lungs		
kumquat			X
lemons			X
limes			X
Lingonberries			uncertain
loganberries	X		
loquat			slightly
lychees			X
mangoes	strengthens liver		
marionberry (blackberry	X		
melons (all varieties)	X		
mulberries		strengthens lungs	
nectarines			X
olallieberry	uncertain		
olives	salty; strengthens liver		
oranges			X
papaya			X
passion fruit			X
peaches			X
pears (all varieties)	strengthens lungs		
persimmons	X		
pineapple		strengthens lungs	
plantains			X
plums			X
pomegranates			X
pomelos			X
prickly pears			X
prunes			X
raisins	X		
raspberries		X	
rhubarb	X		
star fruit			uncertain
strawberries	X		
tamarind			X
tangerines			X
watermelon	X		
<b>GRAINS</b>			
alfalfa		uncertain	
amaranth		uncertain	
barley	X		
buckwheat	strengthens liver		
clover		uncertain	
corn		strengthens lungs	
couscous (durham wheat)			X
farro			X
kamut			X
millet		strengthens lungs	

FOOD	COOLING	NEUTRAL	WARMING
oats		X	
quinoa		uncertain + strengthens	
rice, white or brown		X	
rice, black	X		
rice, green	slightly		
rice, red			X
rice, sushi, unseasoned	slightly		
rice, wild		X	
rice, sweet or glutinous	X		
rye			X
spelt			X
tapioca			X
teff			X
wheat			X
<b>NUTS</b>			
almonds			X
brazil nuts			X
cashews			X
chestnuts		strengthens lungs	
chia seeds			X
coconut		strengthens lungs	
filberts/hazelnuts			X
macadamia			X
peanuts			X
pecans			X
pine nuts		strengthens lungs	
pistachios			slightly
poppy seeds			slightly
pumpkin seeds			slightly
sesame seeds (white)		X	
sesame seeds (black)	X		
sesame seeds, wild (Perilla)			X
sunflower seeds			X
walnuts			X
<b>OILS</b>			
avocado		X	
butter		X	
canola		X	
coconut		strengthens lungs	
corn		strengthens lungs	
goat butter			X
grape seed	X		
hemp seed oil			X
linseed		strengthen lungs	
nut oils (except peanut)			slightly
olive		strengthens liver	
palm oil			X
peanut			Extremely warming
rice bran oil		X	
safflower	X		
sesame		X	
soybean		strengthens lungs	
sunflower			X
vegetable (check ingredients)		X	

FOOD	COOLING	NEUTRAL	WARMING
<b>SEAFOOD/SHELLFISH</b>			
mackerel			X
octopus	X		
all other kinds		X	
<b>SEASONINGS</b>			
agar		uncertain	
allspice			X
almond extract			slightly
anise			X
arrowroot		strengthens lungs	
baking yeast		X	
baking soda	X		
basil	X		
bay			slightly
brewer's yeast			slightly
Bergamot		X	
black pepper			X
Braggs Liquid Aminos	X		
capers		uncertain	
caraway			X
cardamom			X
carob			X
cayenne			X
chervil		X	
chicory		uncertain	
chili peppers			X
chives			X
cilantro	X		
cloves			X
cinnamon			X
coriander	X		
cornstarch		strengthens lungs	
cream of tarter		X	
cress		X	
cumin			X
curry			X
dill		X	
fennel			X
fenugreek			uncertain
galangal root			X
garlic			X
gelatin (plain)		X	
ginger			X
gomasio	X		
holy basil	X		
horseradish			X
kudzu (arrowroot)		strengthens lungs	
marjoram	X		
mint (all varieties)	X		
miso	X		
mustard (all varieties)			X
nutmeg			X
oregano	X		
paprika			X
parsley		X	X
pepper white/black			X
peppers sweet/bell			X



FOOD	COOLING	NEUTRAL	WARMING
<b>SUPPLEMENTS/HERBS</b>			
aloe vera	X		
ashwaganda			X
barley grass	X		
bee pollen			X
black cohosh			X
black walnut			X
blue green algae			most varieties
bilberry			X
borage oil	X		
calcium		strengthens lungs	
caffeine			X
chaga mushroom powder		X	
chicory		uncertain	
cod liver oil		strengthens liver	
coenzyme Q10			X
dong quai			X
echinacea	X		
evening primrose oil			X
feverfew			uncertain
flax seed oil		strengthens lungs	
fish oil		X	
garlic pills			X
ginseng			strengthens heart
ginko biloba		strengthens lungs	
glucosamine			X
goldenseal			X
grape root, Oregon (powder)	X		
grapefruit seed extract			X
grape seed extract	X		
iron pills/caps			X
kava root			X
lavender	X		
lemon balm	X		
licorice			X
magnesium	X		
melatonin			X
multiple vitamins			X
olive leaf powder/capsules		strengthens liver	
passion flower			X
psyllium			uncertain
royal jelly			X
rhubarb root	X		
SAM-e			X
spirulina			X
tea tree oil			X
tumeric			strengthens heart
turkey rhubarb	X		
turkey tail mushroom		strengthens lungs	
valerian			X
Vit B12 drops			slightly
Vit E		strengthens heart	
Vit C		X	
Vit D		strengthens liver	
wheat grass			X
wild yam			X
yellow dock			X
yeast, brewers			X

FOOD	COOLING	NEUTRAL	WARMING
yeast, nutritional			X
<b>SWEETENERS / SWEETS</b>			
agave syrup			X
barley malt			slightly
brown sugar			X
carob			X
chocolate (unsweetened)			X
chocolate (sweetened)			X
chocolate, dark			X
chocolate, white			X
cocoa			X
coconut sugar		strengthen lungs	
corn syrup			strengthens lungs
grape juice concentrate	strengthens liver		
honey			X
maple syrup			X
molasses			X
pear juice	strengthens lungs		
raspberry juice (frozen)		X	
rice malt/syrup			X
sorghum			X
stevia			extremely warming
sucanat			very slightly
sucanat syrup			very slightly
white sugar			not recommended
xylitol			X
<b>VEGETABLES</b>			
alfalfa sprouts		X	
arrowroot		strengthens lungs	
artichoke		X	
arugula			X
asparagus		X	
avocado		X	
bamboo shoots	X		
beets			X
beet leaves			slightly
bibb lettuce		X	
bok choy		X	
boston lettuce		X	
broccoli		X	
broccoli, Chinese		X	
broccoli rabe or raab		X	
broccolini		X	
Brussels sprouts		X	
burdock		strengthens lungs	
capers		uncertain	
cabbage		X	
carrots			slightly
cauliflower		X	
celery		X	
Swiss chard (green)		X	
chard (red)			X
chili pepper			X
chives			X
chinese cabbage		X	



FOOD	COOLING	NEUTRAL	WARMING
collard greens		X	
corn		strengthens lungs	
cucumbers	X		
dandelion greens	X		
eggplant	X		
endive		X	
escarole		X	
fennel bulb			X
garlic			X
green beans		X	
green/red/yellow pepper			X
hearts of palm			slightly
horseradish			X
jicama		X	
kale		X	
kohlrabi		X	
leeks			X
lettuce (all kinds)		X	
lotus root		strengthens lungs	
maca root			uncertain
mushrooms		X	
mustard greens			X
nettles	X		
nopales (prickly pear)			X
okra		X	
olives	salty; strengthens liver		
onions (all varieties)			X
parsely		X	
parsnip			X
peas		X	
potatoes			X
pumpkin			slightly
radish (red)		X	
radish (Japanese - Daikon)		strengthens lungs	
red pepper			X
rutabaga		X	
seaweeds (all varieties)		X	
scallions			X
shallots			X
snow peas		X	
soy products		strengthen lungs slightly	
spaghetti squash			slightly
spinach		X	
split peas green		X	
split peas yellow			X
squash delicata			X
squash summer		X	
squash winter		X	
sugar snap peas		X	
sunchokes			X
sweet potatoes			X
swiss chard		X	
tomatoes		X	
tofu		strengthens lungs	
tomatillo	uncertain		
turnip		X	
wasabi			X
water chestnuts		X	

FOOD	COOLING	NEUTRAL	WARMING
watercress		X	
winter squash		X	
yams			X
zucchini		X	
<b>VINEGAR</b>			
apple cider			X
coconut		strengthens lungs	
malt	X		
rice		X	
rice, seasoned			X
balsamic (red or white)	strengthens liver		
wine	strengthens liver		
white		strengthens liver	
<b>TEA/BEVERAGES</b>			
alcohol			X
alfalfa		uncertain	
assam tea	X		
beer, made from barley	X		
beer, non-alcoholic	X		
barley, roasted	X		
black tea	X		
burdock		strengthens lungs	
Cafix "coffee substitute"	warming & cooling		
catnip	X		
chamomile tea		strengthens lungs	
chrysanthemum		strengthens lungs	
chicory		uncertain	
Chinese tea	X		
club soda	high in sodium		
corn, roasted		strengthens lungs	
coffee			X
coffee (decaf)			X
dandelion root, roasted	X		
darjeeling tea	X		
Earl Grey tea	contains bergamot		
English breakfast tea	X		
elderberry			uncertain
green tea	X		
ginger tea			X
ginseng tea			strengthens heart
goji berry tea	strengthens liver		
hot chocolate			X
herbal mix teas	check ingredients		check ingredients
honeybush			X
hibiscus			X
Inka "coffee substitute"	X		
jasmine tea	X		
kombucha	warming & cooling		warming & cooling
kukicha (Japanese twig)	X		
kukicha (goji berry )	strengthens liver		
lemon balm	X		
lemongrass			uncertain
liqueurs			X
liquor			X
mineral water		X	
mint tea (any type mint)	X		

FOOD	COOLING	NEUTRAL	WARMING
mulberry			X
nettle	X		
olive leaf		strengthens liver	
oolong	X		
orange pekoe tea	X		
peppermint	X		
Pero "coffee substitute"	X		
Postum			X
pomegranate			X
puer	X		
raspberry		X	
raspberry leaf		X	
rooibos			X
rose hip			X
sake			X
seltzer water		X	
soda water	check sodium levels		
sodas, soft drinks			X
sodas, soft drinks (diet)			not recommended
sparkling water		X	
spearmint	X		
tonic water			X
tulsi (holy basil)	X		
valerian			X
verbena (lemon)			X
white tea	X		
yerbe mate			X