



# Naturopathic Foundations

## Energetic Properties of Food

|                   | HOT  | WARM  | NEUTRAL   | COOL  | COLD  |
|-------------------|--|---|---|---|---|
| <b>VEGETABLES</b> |  | capers<br>cilantro<br>kale<br>leeks<br>mustard greens<br>onions<br>parsnip<br>pepper<br>green onion<br>squash<br>sweet potato<br>watercress | alfalfa sprouts<br>beets<br>cabbage<br>carrot<br>kohlrabi<br>olive<br>potato<br>pumpkin<br>shitake mushroom<br>green beans<br>turnip<br>yam | artichoke<br>eggplant<br>broccoli<br>cauliflower<br>celery<br>zucchini<br>cucumber<br>lettuce<br>mushroom<br>radish<br>spinach<br>swiss chard | asparagus<br>bamboo<br>dandelion<br>mung bean sprout<br>plantain<br>seaweed<br>tomato<br>water chestnut   |
| <b>HERBS</b>      | cayenne / chillies<br>cinnamon<br>garlic<br>ginger (dry)<br>horseradish<br>mustard<br>pepper | most herbs  | coriander<br>licorice<br>saffron<br>royal jelly<br>shitake mushroom   | marjoram<br>mint<br>nettle<br>tamarind<br>salt  | kelp  |
| <b>FRUITS</b>     |  | blackberry<br>cherry<br>date<br>lychee<br>peach<br>quince   | apricot<br>crab apple<br>fig<br>grape<br>papaya<br>pineapple<br>plum<br>pomegranate<br>raspberry  | apple<br>avocado<br>black currant<br>blueberry<br>orange<br>pear<br>strawberry<br>tangerine   | banana<br>cranberry<br>grapefruit<br>lemon / lime<br>mango<br>melon<br>persimmon<br>rhubarb<br>watermelon |
| <b>GRAINS</b>     |  | oats<br>quinoa<br>sorghum<br>spelt<br>sweet rice  | corn<br>flax<br>rice<br>rye   | barley<br>buckwheat<br>job's tears<br>wheat<br>wild rice  | millet<br>wheat germ  |
| <b>DAIRY</b>      |  | butter<br>goat milk   | most dairy<br>eggs<br>cheese  |   | yoghurt   |
| <b>BEANS</b>      |  | black bean<br>lentil  | most beans  | lima bean<br>mung bean<br>soybeans<br>tofu  |   |



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|----------------|--|---|--|-------------------------|-------------------------|
| NUTS & SEEDS   |  | chestnut<br>coconut<br>pine nut<br>walnut                           | most nuts & seeds  |                         |                         |
| FISH & MEATS   | trout<br>lamb                              | most fish & meats   | most fish & meats  | frog<br>rabbit          | clan<br>crab<br>octopus |
| OTHERS         |  | brown sugar<br>miso<br>molasses<br>rice syrup<br>soy oil<br>vinegar | honey<br>olive oil<br>peanut oil<br>white sugar<br>vinegar | sesame oil<br>soy sauce | salt                    |
| COOKING METHOD | baking<br>barbequing<br>frying<br>roasting | boiling<br>steaming   | boiling<br>steaming  |                         | raw                     |

## Foods for Healing

The nature of foods in one's diet plays an important role in maintaining optimal health. In Asian Medicine the energetic properties of food (e.g. hot, warm, neutral, cool, cold and flavors) provide vital information for diagnosing and treating health concerns. Different foods are used address states of deficiency or of excess and benefit the organs. The energetics of food offer an excellent way to balance an individual's constitution and seasonal changes. For example:

- **SPICY** foods benefit the **LUNGS**.
- **SALTY** foods benefit the **KIDNEYS**.
- **SOUR** foods benefit the **LIVER**.
- **BITTER** foods benefit the **HEART**.
- **SWEET** (in moderation) and **WARM** foods benefit the **SPLEEN**.
- **EXCESS COLD / COOL** foods can damage the **SPLEEN**.
- **EXCESS HOT** foods can create a heat condition.

Aim to balance foods to warm or at least neutral. Follow your health practitioner's advice regarding your specific condition.

**Source:** "Helping Ourselves: A Guide to Chinese Food Energetics", Meridan Press: Totnes, England

**QI TONICS:** basil, bay leaf, beef, caraway, cardamon, carrot, cayenne, cherry, chicken, chive, clove, coconut, coriander, corn, date, dill seed, fig, garlic, ginseng, grape, herring, lentil, licorice, mackerel, marjoram, molasses, mustard leaf, oats, octopus, orange peel, potato, radish, rabbit, rice, sweet potato, shitake mushroom, squash, star anise, tofu, turmeric, mussel, oyster, trout, mutton, pheasant, quail, walnut, wheat bran.

**BLOOD TONICS:** aduki beans, apricot, beef, beet, chestnut, chili peppers, chive, crab, egg, dandelion, dark leafy greens, date, fig, grape, kidney beans, liver, nettle, mustard leaf, octopus, onion, oyster, parsley, peach, sardine, scallion, spinach, spirulina, sturgeon, sweet rice, vinegar, watercress.



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**YANG TONICS:** basil, chestnut, cinnamon, cloves, dill seed, fennel seed, fenugreek seed, garlic, dried ginger, kidney, lamb, lobster, nutmeg, pistachio, raspberry, rosemary, sage, savoury, shrimp, star anise, thyme, walnut

**YIN TONICS:** apple, apricots, asparagus, bananas, barley, beets, blackbeans, blackberry, blueberry, brown sugar, cantaloupe, cheese, coconut milk, cucumber, dates, eggs, clam, crab, cuttlefish, duck, figs, green beans, honey, kidney bean, lemon, lychee, malt, mango, milk, millet, mung beans, oyster, peas, pear, pineapple, pomegranate, pork, quinoa, rabbit, raspberries, rice, royal jelly, shrimp, spinach, star fruit, string bean, tofu, tomato, watermelon, yam

**FOODS THAT PROMOTE DAMPNESS** (minimize these foods in your diet): excess fruit, bananas, beer, bread, dairy products, concentrated juices (especially orange and tomato), pork and rich meats, roasted peanuts, saturated fats, sugar and sweeteners, wheat and yeast.

**FOODS THAT ELIMINATE DAMPNESS:** grapes, aduki beans, alfalfa, barley, blackbeans, broadbeans, buckwheat, carp, celery, citron leaves, corn, lettuce, kohlrabi, olives, pumpkin, rye, scallion, soybeans, turnip, anchovy, clams, mackerel, sardine, kelp, fenugreek, raw honey, seaweed

**FOODS THAT ELIMINATE PHLEGM:** almond, apples, grapefruit, lemon, orange, pear, persimmon, asparagus, celery, daikon radish, garlic, mushrooms, olives, onion, plantain, radish, shiitake mushroom, watercress, clams, shrimp, licorice, marjoram, mustard leaf, mustard seed, oregano, black and white pepper, peppermint, seaweed, tea, thyme, walnuts, shrimp

**FOODS THAT DRAIN WATER:** aduki bean, alfalfa, anchovy, barley, black soybean, broad bean, celery, clam, fenugreek, grape, kelp, lettuce, mackerel, sardine, seaweed

**FOODS THAT TONIFY THE SPLEEN:** apples, cherries, dates, lotus fruit, seed and root, pineapples, blackbeans, carrots, cucumbers, chick peas, garlic, green beans, leeks, millet, oats, onions, parsnips, pumpkin, rice, rutabaga, squash, sweet potato, turnip, yams, anchovy, beef, chicken, ham, halibut, lamb, mackerel, mullet, perch, tuna, turkey, white fish, brown sugar, butter, caraway seeds, cinnamon, dill, raw honey, royal jelly

**FOODS THAT TONIFY LUNG:** apples, blackberries, cherries, mulberries, raspberries, strawberries, broccoli, carrot, garlic, kale, mustard greens, oats, parsley, pumpkin, squash, sweet potato, sweet rice, turnip, watercress, yams, chicken livers, herring, mussels, pork, rabbit liver, black sesame, licorice, molasses, royal jelly, walnuts

**FOODS THAT ELIMINATE TOXIC HEAT:** aduki beans, aloe vera, bamboo shoots, bananas, burdock, celery seeds, eggplant, endive, grape leaves, grapefruits, honeysuckle, mung beans, peppermint, sweet basil, tangerine / orange peel