

Very Yang	Moderate Yang	Slight Yang	Slight Yin	Moderate Yin	Very Yin		
Garlic	Ginger	Brown Rice	Cauliflower	Kombucha	Tomatoes		
Salmon	Ginger	Daikon	Broccoli	Mushrooms	Honey		
Eggs	Sea Fish	Beetroot	Green Juice	Watermelon	Pineapple		
Salt	Seaweed	Carrots	Winged Beans	Cantaloupe	Coffee		
Avocado		Oolong	Green	Green Beans	Banana		
			Green	Oranges	Turmeric		
Gammon				Celery			
Gammon				Buoi			
Liver				Lemon			
EXTREME YANG	VERY YANG	MODERATE YANG	SLIGHT YANG	SLIGHT YIN	MODERATE YIN	VERY YIN	EXTREME YIN
Raw Table Salt, Drugs such as Downers, Barbiturates, Steroids, Sedatives, Pork, Beef, Eggs, Hard Salty Cheeses	Poultry, Amphibians, Shellfish, Red Meat, Fish such as Tuna, Salmon, Swordfish	White meat fish such as Flounder, Bass, Trout, Whole Grain Flour baked in Bread or Chips, Sea Salt, Miso, Soy Sauce used in cooking, Kombu, Wakame, Arame, Hiziki, Nori, Dulse	Grains Prepared in their whole form: Rice, Barley, Millet, Wheat, Oats, Rye, Buckwheat, Quinoa, Teff, Amaranth, Azuki, Carrots, Parsnips, Daikon, Burdock, Rutabaga, Turnips	Onions, Red Radish, Lotus Root, Cauliflower, Broccoli, Brussel Sprouts, Cabbage, Squash, Kale, Collards, Mustard Greens, Bok Choy, Nappa, Leeks	Beans such as Lentils, Black Beans, Chickpeas, Cucumber, Celery, Sprouts, Peas, Green Beans, Summer Squash, Mushrooms, Whole Grain Noodles, Tofu, Tempeh, Parsely, Scallions, Beets, Apples, Pears, Peaches, Plums, Strawberries, Canteloupe, Apricots, Watermelon, Grapes, Oranges, Tangerines, Lemons, Almonds, Walnuts, Rice Syrup, Barley Malt	White, Processed Breads, Pastas and Pastries, Tomato, Potato, Eggplant, Grapefruit, Banana, Pineapple, Peppers, Spinach, Spices, Honey, Maple Syrup, Cashews, Soft Cheeses, Cream, Yogurt, Butter, Electric Cooking	White Sugar, Alcohol, Marijuana, Cocaine, Heroin, Amphetamines, Pain Killers, Tranquilizers, Nicotine, Caffeine, Artificial Sweeteners, Preservatives, Atomic and Electromagnetic Radiation, Microwave

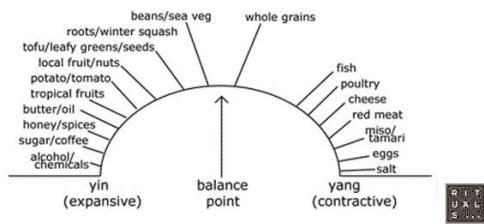
Yang-Building Foods

- Basil
- Black beans
- Black pepper
- Cabbages
- Cayenne
- Cherries

- Chives
- Cinnamon
- Clove
- Dates
- Dill
- Garlic
- Ginger
- Horseradish
- Kale
- Lamb
- Leeks
- Mochi
- Mussels
- Mustard greens
- Oats
- Onions
- Parsnips
- Peaches
- Quinoa
- Radishes
- Scallions
- Shrimp
- Walnuts
- Watercress
- Winter squashes

Avoid cold foods, cold liquids, and too many raw foods.

Yin and Yang Food Balance



This chart notes the yin and yang temperature elements of foods and is intended to assist in the decisions that we all must make surrounding our food choices.

YIN		YANG	
COLD	COOL	WARM	HOT
Banana	Pear	Rice	Nuts
Watermelon	Peppermint	Noodles	Grilled Foods
Bok Choi	Green Tea	Bread	Avocado
Turnip	Oolong Tea	Pork	Lichee
Celery	Bitter Gourd	Chicken	Turtle
Cauliflower	Cooked Lettuce	Turkey	Chocolate
Crab	Green Apple	Broccoli	Cocoa
Bean Sprouts	Snow Pea	Green Pepper	Raw Onions
Asparagus	White Corn	Green Beans	Coffee
Eggplant	Oranges	Egg Whites	Lamb
Cucumber	Cabbage	Yellow Corn	Duck
Grapefruit	Soybean	Egg Yolk	Eggplant
Pineapple	Sprouts	Fish	Red Pepper
Tangerine	Apples	Pepper	Venison
Zucchini	Cooked Onion	Ginger	Deep Fried Foods
Seaweed	Strawberries	Garlic	
Tofu	Cheese	Cooked Tomato	
	Cherries	Spinach	
	Mushrooms	Black Tea	
	Miso	Nectarines	
		Milk	