		FOODS 5 ELEMENTS			
Earth					
土	**HOT**	**WARM**	**NEUTRAL**	**COOLING**	**COLD**
Organ: Spleen/pancreas/ stomach					
Food: vegetables		Chili	Beet	Celery root	Cucumber
		Fennel	Black bean	Eggplant	
		Onion	Carrot	Muschroom	
		Cabbage, green/red -->	Chickpea	Lettuce-->	
		Chili pepper	Chinese cabbage-->	Salsify	
		Pumpkin-->	Fava bean	Tomato -->	
		Sweet potato -->	Green bean	Zuchini	
			Lentil green		
			Lentil red-->		
			Parsnip		
			Peanut		
			Potato		
			Pumpkin		
			Sweet potato		
			Snap pea-->		
			Snow pea		
			Soybean, black		
			Soybean, green-->		
			Soybean sprout		
			Tofu-->		
			Pea, yellow		
Food: Fruit		Apricot -->			Banana
		Cherry			Watermelon
		Fig -->	Cranberry -->		
		Grape -->	Date	Currant	
		Peach -->	Elderberry -->	Melon	
			Pear -->	Orange -->	
			Pineapple -->	Tangerine	
			Quince -->		
Food: Grains				Barley	
				Buckwheat	
		Corn-->		Wheat	
		Millet -->			
		Oats -->			
		Rice -->			
		Rye -->			
		Spelt -->			
Food: Oil Fats			Butter ->	Olive oil	
			Lard (pork) ->		
			Margarine		
			Peanut butter		
			Peanut oil		
		Soy oil -->	Sesame oil ->		
			Sunflower oil-->		
Food: Dairy products		Cheese goat	Butter -->	Buttermilk	
		Cheese sheep	Cheese cow	Cottage cheese -->	
		Milk goat -->	Cream	Cream cheese	
		Milk sheep ->	Milk cow ->	Yoghurt -->	
			Sour cream -->		
Food: Nuts, seeds				Coconut	
		Peanut -->	Peanut butter		
			Pistachio		
			Sesame black		
				Sesam white	
Food: Meat, poultry			Beef	Pork	
		Chicken	Duck -->		
		Goat	Egg		
		Veal	Goose		
			Hare, wild rabbit -->		
			Veal		
Food: Fish		Eel	Bass		Crab
		Salmon	Trout		
Food: Dairy			Butter-->	Butter	
		Cheese, goat's milk	Cheese, cow's milk		
		Cheese, sheep's milk			
			Cream		
			Cottage cheese -->	Cottage cheese	
				Cream cheese	
Food: Spices	Chili pepper	Aniseed	Honey		
	Curry-->	Caraway	Saffron -->		
		Fennel seed			
		Paprika			
Food: Herbs			Chamomille -->	Corn silk	
			Licorice		
Food: alcoholic beverage	Liquer			Beer -->	

METAL					
金	**HOT**	**WARM**	**NEUTRAL**	**COOLING**	**COLD**
Food: Vegetables	Garlic -->	Chili pepper	Cauliflower -->	Asparagus	
		Fennel	Kohlrabi	Garden cress	
		Green onion	Radish icicle daikko->	Radish , small,round	
		Leek	Rocket lettuce ->		
		Onion			
Food: Legumes			Bean, black		
Food: Oils			Peanut oil		
			Peanut butter		
Food: Seeds			Peanut -->		
			Pistachio		
Food: Meat, poultry			Duck -->		
Food: Spices		Caraway seed			
		Cardamon			
	Cayenne pepper	Cinnamon twig			
	Cinnamon bark -->	Clove			
	Ginger -->	Nutmeg	Coriander -->		
	Pepper black/white ->	Pepper green			
		Turmeric			
Food: Herbs	Garlic -->	Basil	Fennel seeds	Garden Cress	
		Horseradisch			
		Sagge			
		Savory			
		Thyme			
		Watercress			
Food: Alcoholic beverage	Liquer, spirits				

Water					
水					
Food: Vegetables				Asparagus	
Food: Fruit				Raspberry	
				Strawberry	
Food: Grains		Corn -->	Millet	Barley	
				Wheat	
Food: Oils		Walnut oil			
Food: Nuts, Seeds			Sesame		
		Chestnuts	Sunflower seeds		
		Walnuts			
Food: Meat	Lardo ->	Goat	Wild boar (pig)	Pork	
		Pheasant			
		Venison, red deer,			
		blacktailed deer			
		Venison reindeer, moose,			
		elk, roe deer			
Food: Fish		Bass	Octopus(squid) -->		Caviar
		Eel	Oyster -->		Crab (sweet water)
		Lobster -->	Sardine		Crayfish
		Mussel	See snail (conch)		
		Prawn			
		Salmon			
		Trout -->			
		Tuna -->			
Food: Spices			Miso -->	Salt -->	
				Seaweed -->	
Food: Drinks			Mineral water -->	Mineral water -->	

WOOD					
木					
Food: vegetables				Artichoke	
				Eggplant	
				Sauerkraut	
				Spinach	
				Tomato -->	
Food: fruit		Peach -->	Apple-->	Currant	Kiwi
		Plum -->	Apricot -->	Blueberry	Lemon
			Cranberry -->	Gooseberry	Rhubarb
			Pear-->	Grapefruit -->	
			Pineapple -->	Mango	
				Orange -->	
				Raspberry	
				Strawberry	
				Tangerine	
Food: Grains		Spelt -->	Rye	Spelt, dried unripe	
		Wheat flour-->		kernels	
				Wheat	
				Wheat bran	
				Wheat germ -->	
Food: Dairy			Sour Cream -->	Cream cheese -->	
				yogurt -->	
Food: Meat			Rabbit -->		
Food: Herbs				Peppermint	Rhubarb root
				Borret	
				Wood sorrel	
Food: Beverages		Red wine vinegar		Beer -->	
		Sherry vinegar		Bread juice	
				Cider	
				White wine	

FIRE					
火					
Food: Vegetables				Belgian endive hearts	
				Dandelion -->	
Food: Fruit		Peach -->	Elderbery -->		Watermelon
Food: Grains		Oats -->			
Food: Spices	Chili pepper	Cardamon	Coriander-->		
	Cinnamon bark -->	Cinnamon twigs	Saffran -->		
	Curry -->	Cumin			
		Paprika			
		Turmeric(curcuma)			
Food: Herbs		Basil	Bitter orange peel -->	Dandelion -->	
		Linseed	Majoram		
		Rosemary			
		Sage			
		Thyme			
Food: Beverages	Liquer, spirits	Coffee	Grain coffee (roasted		
		Red wine	barley, spelt etc)		
			Cocoa		
			Honey		
			Tea, black	Tea green	
in between: ->					