





Food sources with different energies can help to improve our health problems' symptoms & strengthen our immunity better by identifying its body types' imbalances.

Yin/Yang	Energy Type	Food Sources
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<p><b>Yin</b></p>	<p><b>Cold</b></p>	<ul style="list-style-type: none"> <li>● <b>Fruits:</b> Banana, grapefruit, muskmelon, persimmon, pomelo, starfruit, sugar cane, watermelon and <b>especially most white/ tan &amp; brown fruits, etc.</b></li> <li>● <b>Meat &amp; Seafood:</b> Clams, crabs, cuttlefish, jellyfish, pig's bone marrow &amp; snails, etc.</li> <li>● <b>Vegetables:</b> Arrowhead, bamboo shoots, bitter melon, kelp, kudzu root, lotus root, luffa, seaweeds, sprouts, tomatoes, water chestnut, watercress, wild rice stem and <b>especially most white/ tan &amp; brown vegetables, etc.</b></li> <li>● <b>Others:</b> Chicken egg yolks, salt, soy sauce &amp; <b>Teas</b> (eg: Chamomile, chrysanthemum, jasmine flowers, green tea, lotus plumule), etc.</li> </ul>
<p><b>Yin</b></p>	<p><b>Cool</b></p>	<ul style="list-style-type: none"> <li>● <b>Beans:</b> Beancurd, green beans &amp; soymilk, etc.</li> <li>● <b>Fruits:</b> Chinese pears, coconut, green apples, green grapes, honeydews, kiwi fruits, lemons, loquat, mongsteen, oranges, papaya, pears, pineapple, strawberries, water caltrop and <b>especially most white/ tan &amp; brown fruits, etc.</b></li> <li>● <b>Grains:</b> Amaranth, barley, buckwheat, Chinese barley, millet, wheat &amp; wheat bran, etc.</li> <li>● <b>Herbs &amp; Spices:</b> American Ginseng, Dan Sheng, hops, lily flowers, peppermint &amp; tea leaves, etc.</li> <li>● <b>Meat &amp; Seafood:</b> Clams, frogs, pig skin, rabbit meat &amp; sheep's liver, etc.</li> <li>● <b>Vegetables:</b> Alfalfa sprouts, asparagus, broccoli, bok choy, cabbage, cauliflowers, celery, cucumber, eggplant, green peas, mustard greens, lettuce, lily bulbs, luffa, mushrooms, radish, spinach, taro leaf, wax gourd and <b>especially most white/ tan &amp; brown vegetables, etc.</b></li> <li>● <b>Others:</b> Cheese, duck eggs, egg white, oyster shell, sesame oil &amp; yogurt, etc.</li> </ul>

<p><b>Balanced Yin &amp; Yang</b></p>	<p><b>Neutral</b></p>	<ul style="list-style-type: none"> <li>● <b>Beans:</b> Adzuki beans, almonds, broad beans, cashew nuts, chick peas, Chinese almonds, ginkgo nuts, lotus seeds, peanuts, pistachio nuts, soybeans &amp; sunflower seeds, etc.</li> <li>● <b>Fruits:</b> Avocado, blueberries, figs, goji berries, olives, plums, etc.</li> <li>● <b>Grains:</b> Corn, oats, rice bran, rye &amp; white rice, etc.</li> <li>● <b>Herbs &amp; Spices:</b> Licorice &amp; saffron, etc.</li> <li>● <b>Meat &amp; Seafood:</b> Beef, duck, goose, loach, oysters, pork, scallops, sea eels &amp; sea shrimps, etc.</li> <li>● <b>Vegetables:</b> Beets beetroot, black fungus, carrots, fuzzy melon, potatoes, radish leaf, shitake mushrooms, string beans, sweet potatoes, turnips, white fungus &amp; yams, etc.</li> <li>● <b>Others:</b> Honey, milk, peanut oil, quail eggs, rock sugar, royal jelly &amp; sugar, etc.</li> </ul>
<p><b>Yang</b></p>	<p><b>Warm</b></p>	<ul style="list-style-type: none"> <li>● <b>Beans:</b> Black beans, black sesame seeds, chestnuts, kidney beans, pine nuts, red beans, sword beans &amp; walnuts, etc.</li> <li>● <b>Fruits:</b> Apricot, bergamot, cherries, coconut meat, dates, guava, hawthorn fruits, longans, lychees, mango, nectarine, peaches, pomegranate, red apples, red dates, raspberries, tangerine, tangerine peel, <b>especially most red/ black/ blue/ purple/ orange/ yellow &amp; dark green fruits, etc.</b></li> <li>● <b>Grains:</b> Black glutinous rice, brown rice, Chinese sorghum, germinated brown rice, glutinous rice &amp; quinoa, etc.</li> <li>● <b>Herbs &amp; Spices:</b> Basil, cloves, caraway seeds, cardamom, Cordyceps, coriander, cumin, dill seeds, fennel, garlic, ginger (fresh), Ginseng, green onions, Lingzhi, onions, oregano, parsley, rosemary, star anise, Sichuan peppercorn, sweet marjoram, thyme &amp; white pepper, etc.</li> <li>● <b>Meat &amp; Seafood:</b> Abalone, carps, chicken, fresh water eels, fresh water shrimps, hairtail, hams, lobsters, mussels, pig's liver, pig's stomach, salmon, sea cucumber, sea urchins, sparrow &amp; venison, etc.</li> <li>● <b>Vegetables:</b> Dark green leafy vegetables, capsicum, chives, kale, leeks, mustard greens, pumpkin, <b>especially most red/ black/ blue/ purple/ orange/ yellow &amp; dark green vegetables, etc.</b></li> <li>● <b>Others:</b> Coconut milk, coffee, butter, <b>Teas</b> (Eg: Garland chrysanthemum, Ginseng, osmanthus flowers &amp; rose buds), goat's milk, goose &amp; sparrow eggs, brown sugar, maltose, vegetable oils, vinegar, wine and tobacco, etc.</li> </ul>

Yang	Hot	<ul style="list-style-type: none"> <li>● <b>Herbs &amp; Spices:</b> Black pepper, chillies, cinnamon, ginger (dried), horseradish, mustard seeds, mutton, soybean oil &amp; trout, etc.</li> </ul>
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**Food sources with different flavours are inter-related with our organs and consuming them will help to improve our health problems' symptoms & strengthen our immunity better.**

Flavors	Related Organs	Benefits	Food Sources
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<b>Bitter</b>	<b>Blood, Heart, Small Intestine &amp; Tongue</b>	Clear heat, dry dampness, stimulate appetite and promote lowering effects like urination & bowel movements.	Arrowhead, asparagus, bergamot, bitter gourd, Chinese almonds, coffee, ginkgo nuts, lettuce, lily bulbs, lotus leaf, pig's liver, plum kernel, seaweeds, tea leaf, turnips, vinegar & wine, etc.
<b>Sweet</b>	<b>Mouth, Muscles, Spleen &amp; Stomach</b>	Slow down acute reactions & neutralize the toxic effects of foods. Also lubricate & nourish the body.	Abalone, apples, beef, carps, carrots, cherries, chestnuts, Chinese barley, corn, dates, glutinous rice, grapes, honey, longan aril, lotus root, milk, peas, peanuts, pears, potatoes, pumpkin, shitake mushrooms, soybeans, sugar cane, sweet potatoes, white rice, wheat & yam, etc.
<b>Sour</b>	<b>Eyes, Gall Bladder, Liver &amp; Nerves</b>	The astringent effect helps to arrest abnormal discharge of fluids and other substances from the body, such as diarrhea, emission & heavy sweating.	Apples, grapes, hawthorn, lemon, loquat, mango, olives, oranges, papaya, peaches, pears, pineapple, plums, pomegranates, pomelo, royal jelly, strawberries, tangerine, tomatoes & vinegar, etc.
<b>Salty</b>	<b>Bladder, Bones, Ears &amp; Kidneys</b>	Dissipate accumulations, soften hardness, nourish blood & lubricate intestines to induce bowel movements.	Abalone, amaranth, barley, clams, crabs, cuttlefish, duck meat, hams, kelp, millet, mussels (fresh & dried), oysters, pig's bone marrow/ blood & organs, pork, jellyfish, quail's eggs, sea cucumber, shrimps & snails, etc.
<b>Pungent</b>	<b>Colon, Hairs, Lungs, Nose &amp; Skin</b>	Promote circulation (Qi) & stimulate appetite.	Basil, cabbage, capsicum, celery, chillies, chives, cinnamon, coriander, fennel, garlic, ginger, green onions, kumquat, leeks, mustard leaf, mustard seeds, onions, oregano, parsley, pepper, peppermint, radish, radish leaf, rosemary, Sichuan peppercorn, sweet marjoram, tangerine, tangerine peel, thyme, turnips, wine & yam, etc.



**Reference: [Body Constitution Types & Right Food Diet Facts](#)**