



# TCVM Food Chart



Category	Warm and Hot Foods	Cold and Cool Foods	Neutral Foods
<b>Meat &amp; Dairy</b>	Beef, beef kidney, chicken, chicken, egg yolk, chicken liver, goat milk, ham, lamb kidney, lamb liver, lobster, mutton, pheasant, prawn, shrimp, venison	Alligator, clam or mussel, cod, conch, crab, duck, duck egg, egg white, frog, herring, oyster, rabbit, scallop, shark, turkey, white fish, yogurt	Beef liver, bison, catfish, chicken eggs, carp or silver carp, cuttlefish, eel, flatfish, goose, jellyfish, loach, mackerel, milk (cow), octopus, pork, pork kidney, pork liver, quail, salmon, sardines, squid, tripe, trout, tuna, wild rabbit
<b>Vegetables &amp; Fruits</b>	Apricot, basil, blackberry, cherry, chestnut, chives, citrus, clove, coconute, coriander, fennel, ginger, garlic, hawthorn, horseradish, mustard, nutmeg, papaya, peach, pepper, plum, pumpkin, quinoa, raspberry, rosemary, squash, sweet potato, sunflower see, tangerine, thyme, turmeric, walnut	Alfalfa, apple, amaranth, banana, bitter melon, blueberry, broccoli, celery, cucumber, eggplant, gingko, kelp or seaweed, kiwi fruit, mango, mushroom, orange, pear, persimmon, spinach, strawberry, tomato, watermelon, white radish	Cabbage, calabash, carrots, cauliflower, chinese cabbage, date, figs, lemon, longan, radish, sweet potato, shiitake mushroom, yam
<b>Grains &amp; Beans/Other</b>	Brown sugar, glutinous rice, malt sugar, oats, olive oil, rice vinegar, sorghum, white rice	Barley, barley sprouts (green), brown rice, buckwheat, chrysanthemum, flax seed oil, green tea, honey, millet, mung bean, sesame seed, sesame oil, soybean oil, salt, tofu, wheat flour	Black bean, black sesame, black sesame oil, broad bean, corn, crystal sugar, green beans, green peas, kidney beans, peanuts, peanut oil, red beans, sweet rice, soy bean, string beans, white sugar

Qi Tonics: Beef, chicken, rabbit, mutton, eel, carp, trout, herring, mackerel, millet, corn, oats, glutinous rice, brown rice, pumpkin, squash, sweet potato, yam, cherry, figs, chestnut, peanut, lychee, lotus seed, shiitake mushroom

Blood Tonics: Beef, liver, heart, pork skin, hairtail fish, sardines, eggs, carrot, longan, kidney beans, parsley, apricots, dates

Yin Tonic: Duck, rabbit, clam or mussel, eggs, goat milk, pork, pork lung, pork feet, sea cucumber, tofu, cheese, black beans, kidney beans, string beans, honey, black sesame see, asparagus, wheat, barley, spinach, tomatoes, peas, apples, lemon, mango, pears

Yang Tonic: Venison, mutton, kidney, shrimp, lobster, prawn, chives, walnut, cinnamon bark, clove, nutmeg, dried ginger, garlic, dill seed, fennel seed, basil, rosemary, thyme, raspberry

Drain Damp: Alfalfa, adzuki beans, barley, celery, corn, garlic, horseradish, kidney beans, lemon, marjoram, mung bean, mushroom, mustard, radish, rye, soybean, turnip

Transform Phlegm: Almond, apple, clam, garlic, ginger, lemon/grapfruit peel, mustard, orange, pear, pepper, peppermint, radish, seaweed, thyme

Resolve Stagnation: Carrot, chestnut, chicken, crab, hawthorn berry, lamb, mustard greens, orange/tangerine peel, parsley, radish, shrimp, venison, watercress, chive, clove, coriander, dill seed, garlic, ginger, turmeric, vinegar