

## QI BALANCE FOOD CATEGORIES

FOOD	COOLING	NEUTRAL	WARMING
VEGETABLES			
alfalfa sprouts		X	
arrowroot		strengthens lung	
artichoke		X	
arugula			X
asparagus		X	
bamboo shoots	X		
beets			X
beet leaves			slightly
bok choy		X	
broccoli		X	
Broccolini		X	
Brussels sprouts		X	
burdock		strengthens lung	
capers		X	
cabbage		X	
carrots			slightly
cassaba/manioc/yuca			X
cauliflower		X	
celery		X	
chard (green & rainbow)		X	
chard (red)			slightly
chili pepper			X
daikon		strengthens lung	
Chinese cabbage		X	
collard greens		X	
cucumbers	X		
corn		strengthens lung	
dandelion greens	X		
eggplant	slightly		
endive		X	
escarole		X	
fennel			X
garlic			X
green beans		X	
green, red pepper			X
hearts of palm		X	
horseradish			X
jicama		X	
kale		X	
kohlrabi		X	
leeks			X
lettuce (all kinds)		X	
lotus root		strengthens lung	
maca root			uncertain
mushrooms		X	
mustard greens			X

nettles	X		
nopales			X
okra		X	
olives	salty/strengthens liver		
onions			X
parsley		X	
parsnip			slightly
peas		X	
potatoes			X
pumpkin			slightly
radish/red		X	
red pepper			X
rutabaga		X	
scallions			X
shallots			X
seaweeds (all kinds)		X	
snow peas		X	
soy products		strengthens lung	
spaghetti squash		X	
spinach		X	
split peas		X	
squash (summer)		X	
squash (winter)		X	
sugar snap peas		X	
sunchokes			X
sweet potatoes			X
Swiss chard		X	
tomatillo	X		
tomatoes		X	
tofu		strengthens lung	
turnip		X	
wasabi			X
water chestnuts		X	
watercress		X	
yams			X
zucchini		X	
FRUIT			
apples			X
apricots			X
apple (Asian) pears	strengthens lung		
avocados		X	
bananas			X
blackberries	X		
blueberries			X
boysenberries		uncertain	
cantaloupe	X		
cherries			X
coconut		strengthens lung	
cranberries	X		
currants		X	

dates			X
durian			X
elderberries		uncertain	
figs			X
gooseberries		uncertain	
grapefruit			X
grapes	strengthens liver		
guava			X
huckleberries			uncertain
kiwi	strengthens lung		
kumquat			X
lemons			X
limes			X
lingonberries	uncertain		
loganberries	X		
loquat			slightly
lychees			X
mangoes	strengthens liver		
Marion berries		uncertain	
melons (all kinds)	X		
mulberries		strengthens lung	
nectarines			X
olives		strengthens liver	
oranges			X
papaya			X
passion fruit			X
peaches			X
pears (all kinds)	strengthens lung		
persimmons	X		
pineapple		strengthens lung	
plantains			X
plums			X
pomegranates			slightly
pomelos			X
prickly pears			X
prunes			X
raisins	strengthens liver		
raspberries		X	
rhubarb	X		
star fruit			uncertain
strawberries	X		
tamarind			X
tangerines			X
watermelon	X		
GRAINS			
alfalfa		X	
amaranth	X		
barley	X		
buckwheat	strengthens liver		
clover		X	

corn		strengthens lung	
farro			X
kamut			X
hemp			X
millet		strengthens lung	
oats		X	
quinoa		strengthens lung	
rice, (almost all)		X	
rice, black	X		
rice, glutenous	X		
rice, red			X
rice, wild		X	
rye			X
spelt			X
teff			X
wheat			X
BEANS			
adzuki	X		
black	X		
black-eyed peas			X
chickpeas			X
fava			X
garbanzo			X
great northern			slightly
kidney			X
lentils (all kinds)			X
lima			X
mung	X		
navy		X	
pinto			✓
soybeans		strengthens lung slightly	
soy products		strengthens lung slightly	
split peas		X	
tempeh		strengthens lung slightly	
NUTS			
almonds			slightly
brazil nuts			X
cashews			X
chestnuts		strengthens lung	
coconut		strengthens lung	
filberts			X
hazelnuts			X
macadamia			X
peanuts			extremely hot
pecans			X
pine nuts		strengthens lung	
pistachios			slightly
walnuts			X

OILS			
avocado oil		X	
butter		X	
canola		X	
coconut oil		strengthens lung	
corn		strengthens lung	
goat butter			X
grape seed oil	X		
hempseed			X
nut oils (not peanut)			slightly
olive		strengthens liver	
palm oil			X
peanut			extremely hot
rice bran		X	
safflower	X		
sesame		X	
soybean		strengthen lungs	
sunflower			X
vegetable		check ingredients	
VINEGARS			
apple cider			X
Balsamic, red/white	strengthens liver		
coconut		strengthens lung	
malt	X		
rice		X	
rice - seasoned			X
wine	strengthens liver		
SPREADS			
almond butter			X
apple butter			X
black sesame tahini	X		
cashew butter			X
jams w grapes juice	X		
lemon curd			X
no-sugar jams			X
Marmite			X but salty
olive spread		strengthens liver	
peanut butter			X
sesame butter/tahini		X	
Vegemite			X
SWEETENERS			
agave syrup			X
barley malt			slightly
brown sugar			X
carob			X
cocoa			X
coconut sugar			X
chocolate			X

corn syrup			X
grape juice (c0nc.)	strengthens liver		
honey			X
maple syrup			X
molasses			X
pear juice	strengthens lung		
raspberry juice frozen		X	
rice syrup			X
sorghum			X
stevia			X
sucanat			very slightly
sucanat syrup			very slightly
xylitol			X
white sugar			X
SEASONINGS			
agar		X	
allspice			X
almond extract			slightly
anise			X
arrowroot		strengthens lung	
baking yeast	X		
baking soda	X		
basil	X		
bay			slightly
brewer's yeast		X	
Bergamot			X
black pepper			X
Bragg's liquid aminos	X		
capers (uncured)		uncertain	
capers (in brine or salt)	X		
caraway			X
cardamom		X	
carob			X
cayenne			X
chervil		X	
chicory			X
chili peppers			X
chives			X
cilantro	X		
cloves			X
cinnamon			X
coriander	X		
cornstarch		strengthens lung	
cream of tartar		X	
cress		X	
cumin			X
curry			X
dill		X	
dulse		X	
fennel			X

fenugreek			X
galangal root			X
garlic			X
gelatin (plain)		X	
ginger			X
gomasio	X		
holy basil	X		
horseradish			X
kelp granules		X	
kudzu root		strengthens lung	
lemongrass			X
marjoram	X		
mesquite powder		X	
mint (all varieties)	X		
miso	slightly		
mustard (all varieties)			X
nutmeg			X
oregano	X		
paprika			X
parsley		strengthens liver	
pepper (white/black)			slightly
peppers (sweet)			X
pickles (cucumber)	X		
pimento			X
poultry seasoning	X		
pumpkin pie spice			X
red pepper flakes			X
rosemary		X	
saffron			X
sage	X		
salt	X		
savory	X		
seaweed (all kinds)		X	
soy sauce	X		
tamari	X		
tarragon			X
thyme	X		
turmeric			strengthens heart
vanilla			slightly
wintergreen	X		
Worcestershire sauce			X
xanthan gum		X	
yeast (baking)	X		
yeast (brewers)		X	
yeast (nutritional)			X
SEEDS			
chia seeds			X
flax seeds		strengthens lung	
hemp seeds			X
poppy seeds		X	

pumpkin seeds			X
psyllium seed husks			uncertain
sesame seeds (black)	X		
sesame seeds (white)		X	
sunflower seeds			X
ANIMAL			
bacon	X		
beef		strengthens lung	
buffalo		strengthens lung	
butter		X	
butter (goat)			X
cheese (cow)		strengthens lung	
cheese (goat)			X
cheese (sheep)			X
cheese (soy)		strengthens lung	
chicken			X
Cornish hen			X
duck		strengthens lung	
eggs		X	
elk		strengthens lung	
goose		X	
ham	X		
lamb			extremely warming
liver/kidney (beef)		strengthens liver	
liver/kidney (pork)	strengthens liver		
liver/kidney (chicken)			strengthens liver
mutton			extremely warming
ostrich			X
partridge			X
pheasant			X
pork	X		
quail		X	
rabbit			X
turkey			X
veal		strengthens lung	
venison		strengthens lung	
FISH/SHELLFISH			
mackerel			X
octopus	X		
all other kinds		X	



SUPPLEMENTS			
aloe vera	X		
ashwaganda			X
barley grass	X		
bee pollen			X
bilberry			X
black cohosh			X
black walnut			X
blue green algae			X
borage oil	X		
calcium		strengthens lung	
caffeine			X
chaga mushroom		X	
chicory			X
cod liver oil		strengthens liver	
coenzyme Q10			X
dong quai			X
echinacea	X		
evening primrose oil			X
feverfew			uncertain
flax seed oil		strengthens lung	
garlic pills			X
ginseng			strengthens heart
ginkgo biloba		strengthens lung	
glucosamine			X
goldenseal			X
grapefruit seed extract			X
grape seed extract	X		
kava			X
lavender	X		
lemon balm	X		
licorice			X
magnesium	X		
melatonin			X
multiple vitamin			X
milk thistle		X	
olive leaf		X	
passion flower			X
psyllium husks			uncertain
rhubarb	X		
royal jelly			X
spirulina			X
SAM-e			X
tea tree oil			X
turmeric			strengthens heart
turkey rhubarb	X		
turkey tail mushroom		strengthens lungs	
valerian			X
vitamin C from citrus			X
vitamins (C,D,E)		X	

vitamins (B)			X
wheat grass			X
wild yam			X
yellow dock			X
TEA/BEVERAGES			
alcohol			very hot
alfalfa		X	
beer, barley	alcohol*		
beer, wheat/sorghum			X
beer, non-alcoholic	X		
Bergamot			X
black tea	much caffeine		
Brandy			from warm fruit
burdock		strengthens lung	
catnip	X		
chamomile tea		strengthens lung	
chrysanthemum (white)		X	
coffee (organic)			X
coffee (decaf-organic)			X
coffee substitutes	X		
dandelion	X		
Drambuie	not recommended		
gin			X
ginger tea			X
ginseng tea			strengthens heart
green tea	caffeine		
goji berry	X		
herbal mix teas			X
hibiscus		uncertain	
honeybush tea			slightly caffeine
hot chocolate			
jasmine tea	much caffeine		
kuchika (twig)	caffeine		
kuchika (lycium berry)	X		
liqueurs (not Drambuie)			X
liquor (except scotch)			X
mint tea (all kinds)	X		
mulberry		strengthens lung	
nettle	X		
oatstraw		X	
orange pekoe	much caffeine		
passion flower			X
peppermint	X		
raspberry leaf		X	
rooibos			X
rose hips			X
rum			X
sake			X
scotch	not recommended		

seltzer water	slightly		
sherry	not recommended		
spearmint	X		
tequila			X
tulsi tea	X		
vodka			X
wine	much alcohol		
whisky, Irish	not recommended		
whisky, rye			X
yerba mate	much caffeine		

\*since alcohol is very hot, drinks made from barley and grapes are not good for anyone. They contain, both heating and cooling ingredients. Beer is sometimes tolerated by so-yang, depending on the nature of their fire, because the alcohol concentration is low.