

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.



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

<https://www.spiritofchange.org/the-yin-and-yang-of-food/>