



## TCVM Food Therapy Chart

Category/ Percentage	Meat & Dairy	Vegetable & Fruits	Grains/Beans/Others
<b>Warm &amp; Hot Food</b>	Beef kidney, Chicken, Chicken egg yolk, Chicken liver, Goat milk, Ham, Lamb kidney, Lamb liver, Lobster, Goat, Pheasant, Prawn, Shrimp, Venison	Apricot, Basil, Blackberry, Cherry, Chesnut, Citrus, Clove, Coconut, Coriander, Fennel, Ginger, Garlic, Hawthorn, Horseradish, Mustard, Nutmeg, Papaya, Peach, Pepper, Plum, Pumpkin, Quinoa, Raspberry, Rosemary, Squash, Sweet Potato, Sunflower seed, Tangerine, Thyme, Tumeric, Walnut	Brown sugar, Glutinous rice, Malt sugar, Oats, Olive oil, Rice vinegar, Sorghum, White Rice, Wine
<b>Cool &amp; Cold Food</b>	Alligator, Clam, Mussel, Cod, Conch, Crab, Duxk, Duck egg, Egg white, Frog, Herring, Oyster, Rabbit (raised, not wild), Scallop, Turkey, White fish, Yogurt	Alfalfa, Apple, Amaranth, Banana, Blueberry, Broccoli, Celery, Cucumber, Eggplant, Ginko, Kelp, Seaweed, Kiwi, Mango, Mushrooms, Orange, Pearm Persimmon, Spinach, Strawberry, Tomato, Watermelon, White radish	Barley, Barley sprouts, Brown rice, Buckwheat, Chrysanthemum, Flax seed oil, Green tea, Honey, Millet, Mung bean, Coix seed (Job's tears), Sesame seed, Sesame oil, Soybean oil, Salt, Tofu, Wheat flour
<b>Neutral Food</b>	Beef, Beef liver, Bison, Catfish, Chicken eggs, Carp, Silver carp, Eel, Goose, Mackerel, Cow's milk, Octopus, Pigeon, Pork, Pork kidney, Quail, Salmon, Sardines, Squid, Tripe, Trout, Tuna, Wild rabbit	Cabbage, Calabash, Carrots, Cauliflower, Chinese cabbage, Date, Figs, Gingko, Lemon, Lotus, Lychee, Pineapple, Potato, Radish, Shiitake mushroom, Yam	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
<b>Qi Tonic</b>	Beef, Chicken, Rabbit, Mutton, Rumen (cow, goat), 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		
<b>Blood Tonic</b>	Beef, Liver, Heart, Pork skin, Sardines, Eggs, Carrots, Kidney Beans, Parsley, Apricots, Dates		
<b>Yin Tonic</b>	Duck, Rabbit, Clam or mussel, Eggs, Goat milk, Pork, Pork lung, Pork feet, Tofu, Cheese, Black bean, Kidney bean, String beans, Honey, Black sesame seed, Asparagus, Wheat, Bearley, Spinach, Tomatoes, Peas, Apples, Lemon, Mango, Pears		
<b>Yang Tonic</b>	Venison, Goats, Kidney, Shrimp, Lobster, Prawn, Walnut, Cinnamon bark, Clove, Nutmeg, Dried Ginger, Garlic, Dill seed, Fennel seed, Basil, Rosemary, Thyme, Raspberry		
<b>Drain Damp</b>	Alfalfa, Adzuki beans, Barley, Celery, Corn, Garlic, Horseradish, Kidney bean, Lemon, Mung bean, Mushroom, Mustard, Radish, Rye, Soy bean, Turnip		
<b>Transform Phlegm</b>	Almond, Apple, Clam, Garlic, Ginger, Lemon/Grapefruit peel zest, Mustard, Orange, Pear, Pepper, Peppermint, Radish, Seaweed, Thyme		
<b>Resolve Stagnation</b>	Carrot, Chestnut, Chicken, Crab, Hawthorn berry, Lamb, Mustard greens, Oranage/Tangerine peel zest, Parsley, Radish, Shimp, Venison, Watercress, Coriander, Dill seed, Garlic, Ginger, Tumeric, Vinegar		