

Category/Percentage	Meat & Dairy	Vegetable & Fruits	Grain/Beans/Other
Warm & Hot Food	Beef kidney, Chicken, Chicken egg yolk, Chicken liver, Goat milk, Ham, Lamb kidney, Lamb liver, Lobster, Mutton, Pheasant, Prawn, Shrimp, Venison	Apricot, Basil, Blackberry, Cherry, Chestnut, Chives, 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, Turmeric, Walnut	Brown sugar, Glutinous rice, Malt sugar, Oats, Olive oil, Rice vinegar, Sorghum, White rice, Wine
Cold & Cool Food	Alligator, Clam or Mussel, Cod, Conch, Crab, Duck, Duck egg, Egg white, Frog, Herring, Oyster, Rabbit, Scallop, Shark, Turkey, White fish, Yoghurt	Alfalfa, Apple, Amaranth, Banana, Bitter melon, Blueberry, Broccoli, Celery, Cucumber, Egg plant, Gingko, Kelp or Seaweed, Kiwi fruit, Mango, Mushroom, Orange, Pear, Persimmon, Spinach, Strawberry, Tomato, Watermelon, White radish	Barley, Barley sprouts (green), Brown rice, Buck wheat, Chrysanthemum, Flax seed oil, Green tea, Honey, Millet, Mung bean, Seed of Job's tears, Sesame seed, Sesame oil, Soybean oil, Salt, Tofu, Wheat flour
Neutral Food	Beef, Beef Liver, Bison, Catfish, Chicken eggs, Carp, or Silver carp, Cuttlefish, Eel, Flatfish, Goose, Jellyfish, Loach, Mackerel, Milk (Cows), Octopus, Pigeon, Pork, Pork kidney, Pork liver, Quail, Salmon, Sardines, Squid, Tripe, Trout, Tuna, Wild rabbit	Cabbage, Calabash, Carrots, Cauliflower, Chinese cabbage, Date, Figs, Ginkgo, Grape, Lemon, Longan, Lotus, Lychee, Pineapple, Potato, Radish, Sweet potato, 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
Qi Tonic	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		
Blood Tonic	Beef, Liver, Heart, Pork skin, Hairtail fish, Sardines, Eggs, Carrot, Grape, 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 bean, Kidney beans, String beans, Honey, Black sesame seed, 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 bean, Lemon, Marjoram, Mung bean, Mushroom, Mustard, Radish, Rye, Soy bean, Turnip		
Transform Phlegm	Almond, Apple, Clam, Garlic, Ginger, Lemon/Grapefruit 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		