

Wood

Spring, Green, **Sour**

Body: Purification, Liver, Gallbladder, Gonads, Eyes/Sight, Muscles/Sinew, Shoulders, Nails

Emotion: Planning & Decision Making, Anger, Shouting, Impatience, Irritability

Element: A, B2, Copper, Iron

Method: Frying, Saut eing, Steaming

Grains & Tubers

barley
oats
rye
wheat

Legumes

black-eye
green lentil
lima
mung
peanut
split pea

Vegetables

green bell pepper
broccoli
carrot
bibb lettuce
Boston lettuce
romaine lettuce
parsley
green pea
rhubarb
snap bean
pattipan squash
zucchini
string bean
alfalfa sprouts

Fruits

avocado
sour currant
crab apple
grapefruit
lemon
lime
sour orange
plum
pomegranate
quince
sour cherry

Sprouts

barley
alfalfa
mung
wheat

Seeds & Nuts

alfalfa seeds
brazil
cashew
lychee
Herbs
alfalfa root
saffron
rosemary

Dairy

butter
cream
mayonnaise
sour cream
sour yogurt
Seafood
freshwater clam
soft shell crab
trout
Poultry
chicken
chicken liver
Meats
beef liver
lamb liver

Misc.

lard
nut butter
vegetable oil
olives
sour pickles
sauerkraut
seitan
vinegar
wheat bran
wheat germ
wheat grass
nutritional yeast

Fire

Summer, Red, **Bitter**

Body: Circulation, Heart, Small Intestine, Vascular System, Pituitary, Tongue, Speech, Elbows, Complexion

Emotion: Commanding into Action, Joy, Laughter, Anxiety, Excessive Laughter or Talking

Element: B3, B5, Potassium, Sodium

Method: Roasting, Barbecuing

Grains & Tubers

amaranth
corn/maize
popcorn
quinoa

Legumes

red lentils

Sprouts

corn
sunflower

Herbs

hops

Fruits

apricot
guava
loquat
persimmon
raspberry
Strawberry
Seeds & Nuts
apricot
sesame
sunflower
pistachio

Vegetables

asparagus
red bell peppers
Brussels sprouts
chicory
chive
dandelion root
dandelion green
endive
escarole
okra
scallion
tomato

Seafood

shrimp
Poultry
squab

Meat

beef heart
lamb

Misc.

stimulants
beer
liquor
wine
tobacco
coffee
chocolate
ketchup

Earth

Indian Summer, Yellow/Orange, **Sweet**

Body: Digestion, Stomach, Spleen, Pancreas

Emotion: Imagining, Sympathy, Worry, Singing

Element: B1, B6, Manganese, Zinc

Method: Boiling

Grains & Tubers

millet
sweet potato/yam

Vegetables

Jerusalem artichoke
bamboo shoot
chard
crookneck squash
eggplant
kudzu
parsnip
pumpkin
rutabaga
spaghetti squash
acorn squash
butternut squash
hubbard/kabocha squash
sweet corn
Tapioca
Misc.
carob
honey
barley malt
maple syrup
sherbet
sugar (white & brown)

Fruit

sweet apple
banana
breadfruit
cantaloupe
coconut
coconut milk
currant
date
fig
grape
honeydew
kumquat
mango
mulberry
muskmelon
orange
papaya
pineapple
plantain
prune
raisin
sweet cherry
tangelo
tangerine

Sprouts

fenugreek
Millet

Meat

mutton
beef pancreas
rabbit

Herbs

anise
caraway
licorice
fennel
marjoram
vanilla

Seeds & Nuts

caraway seeds
pumpkin seeds
almond
beech
filbert
flax seed
pecan
pine nut
macadamia

Dairy

cottage cheese
ice cream
fresh milk
sweet yogurt

Seafood

anchovy
carp
eel
salmon
sturgeon
swordfish
tuna

Poultry

pheasant
quail

Legumes

chickpeas

Water

Winter, Gray/Deep Blue/Brown/Black/Purple, **Salty**

Body: Elimination, Kidneys, Bladder, Adrenal, Ears/Hearing, Knees, Ankles, Bone Marrow, Teeth, Hair

Emotion: Will Power, Fear, Groaning, Courage, Vitality

Element: D, Magnesium, Calcium, Electrolytes, Minerals

Method: Steaming, Pickling

Grains & Tubers

buckwheat
kasha
Legumes
aduki
black soybean
black turtle
kidney
pinto

Dairy

caviar
egg yolk

Poultry

duck

Vegetables

agar-agar
beet
beet greens
burdock
dulse
hijiki
kaie
kelp
kombu
button mushroom
shitake mushroom
nori
wakame
water chestnut
red cabbage

Fruits

blackberry
black raspberry
blueberry
boysenberry
concord grape
cranberry
watermelon
Sprouts
buckwheat
Seeds & Nuts
chia
cottonseed
black sesame seeds
chestnut

Seafood

abalone
bluefish
catfish
clam
cuttlefish
lobster
mussel
octopus
oyster
sardine
scallop
squid
turtle

Meat

ham
beef kidney
pork
Misc.
decaf coffee
gomasio
miso
salty pickles
salt
tamari
bancha tea
tekka
umeboshi plum

Grains & Tubers

rice
sweet rice
taro potato
white potato
Legumes
castor
great northern
navy
soybean
Fruit
peach
pear
Sprouts
celery
radish
rice

Seeds & Nuts

dill seeds
hickory
walnut
Dairy
cheese
egg white
Poultry
turkey
Meat
beef
Misc.
mochi
spirulina
tempeh
tofu

Seafood

white fishes
cod
flounder
haddock
halibut
herring
perch
scrod
grouper
sea bass

Herbs

basil
bay leaf
cardamom
cayenne
cinnamon
clove
coriander
dill
fennel
horseradish
mint
nutmeg
black pepper
peppermint
thyme

Vegetables

cabbage
capers
cauliflower
celery root
celery
red chili
Chinese cabbage
cress
cucumber
daikon
garlic
ginger
iceberg lettuce
kohlrabi
leeks
lotus root
mustard green
onion
white potato
radish
shallot
spinach
turnip green
watercress

Wood

Fire

Earth

Water

< nourishes

Metal

nourishes >

nourishes >

penetrates >

melts >

extinguishes >

< cuts

dams >

> nourishes

< nourishes