

蔬菜寒熱表 Vegetarian Food Cold/Hot (Innate Heat) Table

- 甜、酸屬寒，水屬涼。
- 水果沒有熱性的，只有寒多寒少的差別。
- 因酒精屬寒，故所有酒類都是寒性的，於人體無益。
- 寒性體質服溫熱性食物，而有不適症狀，應先按推，再服即可。

- all sweet, sour food is cold, water is cool.
- all fruits are either cold or cool, none falls in the hot category.
- due to alcohol being cold, so all alcoholic beverages is cold and bad for body energy.
- where discomfort/symptoms occur after eating hot food, one should first massage the Origin Points before consuming.

	寒 Cold	涼 Cool	平 Neutral	溫 Warm	熱 Hot
穀類 Grain		大麥、蕎麥、綠豆、薏米、黃豆、西谷米、大米 Barley, buckwheat, mung bean, barley, soybeans, sago, rice	小米、玉米、白豆、豌豆、扁豆、蠶豆、赤小豆、黑豆、燕麥 Millet, corn, white - beans, peas, lentils, broad beans, red bean, black beans, oats	小麥、黑米、糯米（江米）、高粱、炒芝麻 Wheat, brown rice, glutinous rice, sorghum, sesame fried	
菜類 Vege	蕹菜（空心菜）、竹筍、瓢瓜（葫蘆）、苦瓜、冬瓜、番茄、銀耳、海帶、海藻、金針菇、鮮蘑菇、荸薺、慈菇（茨菰）、蘿蔔、小麥草、龍葵、西葫蘆、馬齒莧、萹蓂、苦菊菜、生蓮藕、蕨菜、蕨根粉、蘆筍、酸菜 Water spinach, bamboo shoots, scoop melon (gourd), bitter gourd, melon, tomato, white fungus, kelp, seaweed, fresh mushrooms, water chestnuts, arrowhead, radish, wheat grass, black nightshade, zucchini, purslane, water shield, hard-Ju Choi, raw lotus root, fern, fernroot powder, asparagus, pickled vegetable.	莧菜、菠菜、萵苣、青江菜、A菜、茄子、絲瓜、黃瓜、茭白筍、油菜、白花菜、青椒（柿子椒）、苜蓿（甘藍）、金針花（黃花菜）、黑木耳、竹蓐（竹筴）、腐竹、豆腐（含皮、干、乳）、白菜、紫菜、黃心菜、生菜、油麥菜、芹菜、豆芽菜、秋葵、牛蒡、猴頭菇、香菇、菱角 體寒者熟吃並加生薑等熱性調味料 Amaranth, spinach, lettuce, green cabbages, Adish, eggplant, gourd, cucumber, water oats, canola, cauliflower, green pepper (bell pepper), Kohlrabi (kale), lily flowers (lily), black fungus, bamboo sun (bamboo fungus), yuba, tofu(including skin, dry milk), cabbage, seaweed sprouts, yellow cabbage, lettuce, lettuce, celery, bean sprouts, okra, burdock, monkey-head mushroom, mushroom, water chestnut Person with low body energy level should avoid raw vegetables/salad; vegetables should be cooked, added with ginger, pepper, chilli and other hot spices	胡蘿蔔、豇豆、豆角、豆豉、芋頭、包心菜（圓白菜、高麗菜）、芥藍菜、綠花菜（西蘭花）、蓋菜（芥菜）、雪裡紅、青菜頭（榨菜頭、鮮榨菜）、蕃薯（紅薯）、馬鈴薯、地瓜葉、乾蘑菇、烤麩、麵筋（油麵筋、水麵筋）、茼蒿（蒿子粿）、南瓜、山藥、蓮藕（熟吃） Carrots, beans, black beans, taro, cabbage, kale, broccoli, mustard, potherb mustard, cabbage head (head mustard, fresh mustard), sweet potato, potato, sweet potato leaves, dried mushrooms, roasted bran, gluten(gluten oil, water-gluten), chrysanthemum (caraway straw), pumpkin, yam, lotus root (cooked)	香椿、九層塔、香菜（芫荽）、洋蔥、蔥、大蒜、蒜苗（蒜薹）、韭菜（薹花） Toon, basil, parsley (coriander), onion, garlic, chives (flower stalk)	辣椒、芥末、薑、五香粉、咖哩粉、胡椒粉、茴香菜、小茴香、花椒、肉桂（桂皮）、丁香、八角（大料） Chilli, mustard, ginger, five spices, curry powder pepper, fennel, cumin, pepper, cinnamon, cloves, star anise (aniseed)

<p>果類 Fruit</p>	<p>柿子、柿餅、香蕉、楊桃、奇異果（獼猴桃）、西瓜、香瓜、哈密瓜、梨、鳳梨（菠蘿）、甘蔗、椰子汁、蓮子心、檳榔、檸檬、柚子、橘子、臍橙、柳丁（橙子）、蓮霧</p> <p>Persimmon, dried persimmon, banana, star fruit, kiwi, watermelon, cantaloupe, melon, pear, pineapple, sugar cane, coconut, lotus, betel nut, lemon, grapefruit, orange, naval orange, bell apple</p>	<p>金桔、枇杷、蘋果、無花果、芒果、火龍果、百合、桑葚、菠蘿蜜、草莓、杏、釋迦、葡萄（乾）、木瓜、櫻桃、酪梨、楊梅、冬棗、桃、李子、番石榴、石榴、荔枝、龍眼、橄欖、佛手柑、榴槤</p> <p>體寒者忌食、少食，可加熱或開水燙後食用</p> <p>Lily, mulberry, pineapple, strawberry, apricot, custard apple, grapes (dry), papaya, cherry, avocado, bayberry, jujube, peach, plum, guava, pomegranate, lychee, longan, olives, bergamot, durian</p> <p>Person with low body energy level should avoid or reduce intakes of the above fruits.</p>	<p>大棗、南瓜子、葵花子、芡實、蓮子、花生、栗子、龍眼乾、山楂</p> <p>Lotus seeds, peanuts, chestnuts, dried longan, hawthorn</p>	<p>堅果類（松子仁、核桃仁、杏仁、開心果、香榧子、榛子）、炒乾果（炒栗子、炒花生、炒瓜子、炒腰果）</p> <p>Almonds, pistachios, Torreyson, hazelnuts), fried dried fruit (fried chestnut, fried peanuts, fried melon seeds, fried cashew nuts)</p>	
<p>其他 Others</p>	<p>冰品、綠茶、味精（味素）、人工飲料、化學食品、化學藥品、菊花、決明子、糖精、白糖、冰糖</p> <p>Ice cream, green tea, monosodium glutamate(MSG), artificial beverages, chemical food, chemicals, chrysanthemum, cassia, saccharin, sugar, rock sugar</p>	<p>生水（純淨水、礦泉水）、紅茶、膨大海、羅漢果、薄荷、荷葉、蜂蜜、蜂王漿、蜂膠、花粉、巧克力、豆漿、玉米鬚、醋、醬油、鹽、沙拉醬、牛奶、優酪乳（酸奶）、茶油、菜籽油、豆油、咖啡、燕窩、魔芋（蒟蒻）</p> <p>Raw water (pure water, mineral water), black tea, boat-fruited sterculia seed, luohanguo (momordica grosvenori), mint, lotus leaves, honey, royal jelly, propolis, pollen, chocolate, milk, corn, vinegar, soy sauce, salt, salad dressing, milk, yogurt, tea oil, rapeseed oil, soybean oil, coffee, bird's nest, konjac.</p>	<p>各種蛋、葵花子油、橄欖油、花生油、玉米油、黃醬、麵醬、飴糖（麥芽糖）、紅糖、枸杞子</p> <p>All kinds of eggs, sunflower oil, olive oil, peanut oil, corn oil, soybean paste, flour paste, caramel(maltose), brown sugar, medlar (goji berries)</p>	<p>麻油、純芝麻醬</p> <p>Sesame oil, pure sesame jam</p>	