

Renewed Health Acupuncture & Herbal Medicine

Round Rock, TX (512) 341-9900

Nutrition Chart

Co =cold	C =cool	N =neutral	W =warm	H =hot	b=bean	s=seed
B=bitter	P=pungent	Sa=salty	So=sour	Sw=sweet	bl=black	>1 cat.

	Tonify Qi	Move Qi	Tonify Yang	Tonify Xue
Grains	millet- CSaSw	barley- CSaSw		<u>oat-WSw</u>
	rice- NSw	buckwheat- CSw		
	<u>oat-WSw</u>	<u>oat-WSw</u>		
Veggies	mushroom- CSw	radish- CoPSw	scallion- WBP	beet- CSw
	potato- NSw	beet- CSw	chili pepper- HP	spinach- CSw
	sw. potato- NSw	broccoli- CBPSw		<u>carrot-NSw</u>
	squash- WSw	cabbage- NPSw		
	pumpkin- WSw	carrot- NSw		
		turnip- NBPSw		
		cilantro- W		
		leek- WPSoSw		
		chili pepper- HP		
		garlic- HPSaSw		
	pepper- HPSw			
Fruits	<u>date-NSw</u>	<u>fig-CSw</u>	raspberry- WSoSw	<u>date-NSw</u>
	<u>grape-NSoSw</u>	<u>orange-CSoSw</u>		<u>grape-NSoSw</u>
	cherry- WSw			
Fish	<u>herring-NSaSw</u>		<u>mussel-WSaSw</u>	<u>oyster-CSaSw</u>
	<u>mackerel-NSaSw</u>		lobster- WSaSw	<u>mussel-WSaSw</u>
	<u>eel-WSaSw</u>		shrimp- WSaSw	<u>eel-WSaSw</u>
			trout- HSaSw	
Meat/ Poultry	<u>beef-NSw</u>		<u>lamb-WSw</u>	<u>duck-CSaSw</u>
	chicken- NSw			<u>beef-NSw</u>
	<u>egg-NSw</u>			<u>egg-NSw</u>
	<u>ham-NSa</u>			<u>ham-NSa</u>
				<u>lamb-WSw</u>
				blood
				liver
				bone marrow
Cndmnt	<u>honey-NSw</u>	tea- CSw	fennel s- WPSw	
		mint- CP	cinnamon- HPSw	
		wine- WPSoSw		
		alcohol- WPSoSw		
		basil- WBPSw		
		caraway- WPSw		
		cardomom- WBPSw		
		clove- WP		
		dill s- WP		
		fennel s- WPSw		
		nutmeg- WP		
		thyme- WBP		
		turmeric- WBP		
		mustard- HP		
Beans, Nuts, Seeds	<u>tofu-CoSw</u>		<u>chestnut-WSw</u>	<u>soy b-NSw</u>
	<u>soy b-NSw</u>		<u>walnut-WSw</u>	<u>peanut-NSw</u>
	<u>lentil-NSw</u>			<u>sesame s-NSw</u>
	<u>pea-NSw</u>			
	<u>chestnut-WSw</u>			

	Move Xue	Nourish Yin/ Generate fluid	Drain Damp/ Water	Resolve Phlegm/ Soften Hardness
Grains		wheat- CSw	barley- CSaSw	
			buckwheat- CSw	
			millet- CSaSw	
			corn- NSw	
			rye- NBSw	
Veggies	eggplant- C	tomato- CSoSw	asparagus- CoBSwP	bamboo shoot- CoBSw
	leek- WPSoSw		kelp- CoSa	kelp- CoSa
	onion- WP		seaweed- Co	radish- CoPSw
	scallion- WBP		celery- CBSw	seaweed- Co
	chili pepper- HP		cucumber- CSw	water chestnut- CoSw
	pepper- HPSw		lettuce- CBSw	ginger- WPSw
			green b- NSw	
			turnip- NBPSw	
			onion- WP	
		garlic- HPSaSw		
Fruits	plum- NSoSw	banana- CoSw	kiwi- CoSoSw	fig- CSw
	peach- WSoSw	lemon- CoSo	watermelon- CoSw	pear- CSoSw
		sugarcane- Co	grape- NSoSw	olive- NSoSw
		persimmon- CoSoSw	plum- NSoSw	
		apple- CSoSw		
		mango- CSoSw		
		orange- CSoSw		
		pear- CSoSw		
		strawberry- CSoSw		
		grape- NSoSw		
		pineapple- NSoSw		
		plum- NSoSw		
		pomegranate- WSoSw		
		apricot- WSoSw		
	Move Xue	Nourish Yin/ Generate fluid	Drain Damp/ Water	Resolve Phlegm/ Soften Hardness
Fish	crab- CoSaSw	clam- CoSaSw	clam- CoSaSw	clam- CoSaSw
		crab- CoSaSw	mackerel- NSaSw	oyster- CSaSw
		oyster- CSaSw		mussel- WsaSw
Meat/ Poultry		duck- CSaSw	duck- CSaSw	
		egg- NSw	beef- NSw	
		pork- NSaSw		
Dairy		cheese- NSoSw		
		milk- NSw		
Cndmnt	br. sugar- Wsw	w.sugar- NSw		tea- CBSw
	vinegar- WBSO	honey- NSw		mustard- HP
Beans, Nuts, Seeds	bl soy b- NSw	tofu- CoSw	mung b- CSw	almond- NSw
	chestnut- Wsw	sesame s- NSw	soy b- NSw	
		sunflower s- NSw	adzuki b- NSoSw	
		pine nut- Wsw	lentil- NSw	
			pea- NSw	