

# Wood

Spring, Green, Sour  
Purification, Liver, Gallbladder, Gonads, Eyes/  
Sight, Muscles/Sinew, Shoulders, Nails  
Planning & Decision Making, Anger,  
Shouting, Impatience, Irritability  
A, B2, Copper, Iron  
Frying, Sautéing, Steaming

## Grains & Tubers

barley  
oats  
rye  
triticale  
wheat  
**Legumes**  
blackeye  
green lentil  
lima  
mung  
peanut  
split pea  
**Vegetables**  
globe artichoke  
green bell pepper  
broccoli  
carrot  
bibb lettuce  
Boston lettuce  
romaine lettuce  
parsely  
green pea  
rhubarb  
snap bean  
pattipan squash  
zucchini  
string bean  
alfalfa sprouts

## Fruits

acerola cherry  
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  
softshell 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  
Circulation, Heart, Small  
Intestine, Vascular System,  
Pituitary, Tongue, Speech,  
Elbows, Complexion  
Commanding into Action,  
Joy, Laughter, Anxiety, Ex-  
cessive Laughter or Talking  
B3, B5, Potassium, Sodium  
Roasting, Barbecuing

## Grains & Tubers

amaranth  
corn/maize  
popcorn  
sorghum  
quinoa  
**Legumes**  
red lentils  
**Vegetables**  
asparagus  
red bell peppers  
brussel sprouts  
chicory  
chive  
dandelion root  
dandelion green  
endive  
escarole

okra  
scallion  
tomato

## Fruits

apricot  
guava  
loquat  
persimmon  
raspberry  
strawberry

## Sprouts

corn  
sunflower

## Herbs

hops

## Seeds & Nuts

apricot  
sesame  
sunflower

## Pistachio

seafood  
shrimp

## Poultry

squab  
**Meat**  
beef heart  
lamb

## Misc.

stimulants  
beer  
liquor  
wine  
tobacco  
coffee  
chocolate  
ketchup

# Earth

Indian Summer, Yellow/Orange, Sweet  
Digestion, Stomach, Spleen, Pancreas  
Imagining, Sympathy, Worry, Singing  
B1, B6, Manganese, Zinc

## Boiling

## Grains & Tubers

millet  
sweet potato/yam

## Legumes

chickpeas  
**Vegetables**  
Jerusalem artichoke  
bamboo shoot  
chard  
crookneck squash  
eggplant  
kudzu  
lamb's quarter  
parsnip  
pumpkin  
rutabaga  
spaghetti squash  
acorn squash  
butternut squash  
hubbard squash  
sweet corn  
tapioca

## 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

## Herbs

anise  
caraway  
licorice  
fennel  
marjoram  
shepherd's  
purse  
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

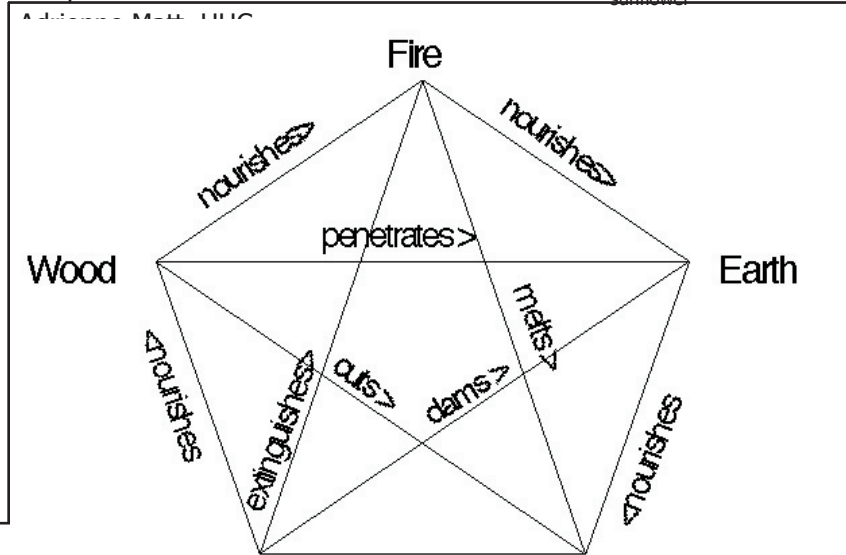
pheasant  
quail

## Meat

mutton  
beef pancreas  
rabbit

## Misc.

carob  
honey  
barley malt  
maple syrup  
relish  
sherbet  
sugar (white & brown)



# Water

Winter, Gray/Deep Blue/Brown/Black/Purp  
Elimination, Kidneys, Bladder, Adrenal, Ears/  
Hearing, Knees, Ankles, Bone Marrow, Teeth, Hair  
Will Power, Fear, Groaning, Courage, Vitality  
D, Magnesium, Calcium, Electrolytes, Minerals  
Steaming, Pickling

## Grains & Tubers

buckwheat  
kasha  
**Legumes**  
aduki  
black soybean  
black turtle  
kidney  
pinto

## Vegetables

agar-agar  
beet  
beet greens  
burdock  
dulse  
hijiki  
irish moss  
kale  
kombu

button mush-  
room  
shiitake mush-  
room  
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

## Dairy

caviar  
egg yolk

## Seafood

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

## Poultry

duck

## Meat

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

# Water

<nourishes

# Metal

## Metal

Autumn, White, Hot/Pungent  
Respiration, Lungs, Large  
Intestine, Thyroid, Nose/Smell,  
Wrists, Skin, Body Hair  
Establishing Rhythmic Order,  
Grief, Weeping  
E, Phosphorous

## Baking

## Grains & Tubers

rice  
sweet rice  
taro potato  
white potato

## Legumes

castor  
great northern  
navy  
soybean  
**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  
Spiach

turnip  
turnip green  
watercress

## Fruit

peach  
pear

## Sprouts

celery  
radish  
rice

## Seeds & Nuts

dill seeds  
hickory  
walnut  
**Herbs**  
basil  
bay leaf  
cardamom  
cayenne  
cinnamon  
clove

coriander  
dill  
fennel  
horseradish  
mint  
nutmeg  
black pepper  
peppermint  
thyme

## Dairy

cheese  
egg white

## Seafood

white fishes  
cod  
flounder  
haddock  
halibut  
herring  
perch

scrod  
grouper  
sea bass

## Poultry

turkey

## Meat

beef

## Misc.

mochi  
spirulina  
tempeh  
tofu