

Chart: Five Elements and Foods

	Earth (sweet)	Metal (pungent)	Water (salty)	Wood (sour)	Fire (bitter)
Grains	Millet Barley	Rice	Buckwheat	Oats Wheat Rye	Amaranth Maize Quinoa
Legumes	Garbanzo Peas	Soy	Aduki Black Beans Black Lentils	Mung Beans Green Lentils	Red Lentils Chickpeas
Nuts/Seeds	Sunflower Seeds Sesame Seeds Walnuts	Almonds	Black Sesame Walnuts	Brazil Nuts Cashews	Sunflower seeds Pistachio
Vegetables	Sweet Corn Sweet Peas all Squash (Hokkaido, Pumpkin) Onions Parsnips Artischoke	Asparagus Cauliflower Cabbage Celery Watercress Mustard Turnip Garlic Cucumber Leeks	Dulse Irish Moss Kelp Wakame Kombu	Broccoli Lettuce Zucchini Artischokes Green Capsicum	Asparagus Brussel spouts Okra Chives Endive Beetroot Tomato
Fruits	Dates Sweet Apples Figs Sweet Oranges Raisins Pineapple Papaya	Banana Pear Apples Apricot	Blackberries Raspberries Purple Grapes Watermelon Mulberry Pomegranate	Avocado Lemon Lime Plum	Strawberry Apricot Guava peaches cherries persimmon
Fish	Salmon Tuna	Snapper Cod Flounder	Scallops Oysters Mussels		Shrimp Lobster Carp
Herbs	Licorice	Dill Fennel Elderflower Mint Ginger Chamomille Rosemary Basil Tumeric Lemon Balm Angelica Cinnamon Horseradish	Burdock	Alfalfa Parsely Hawthorn Berry Rosehips	Dandelion root Globe Artischoke
Cautions	Meat	Eggs	Cheese	Soft Dairy	Chocolate Sugar

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