

Food Property List

English Names	中文名字	属性
Spices and Herbs	香料和草本	Property
Bay Leaves	桂叶	hot
Black and White Pepper	黑白胡椒	hot
Caraway Seed	葛縷子籽	warm
Cardomom	小豆蔻	hot
Chinese Parsley(Coriander)	中國荷蘭芹(香菜)	warm
Cinnamon Bark	桂皮	warm
Cinnamon Twig	桂枝	warm
Clove	丁香	warm
Coriander	芫荽, 香菜	warm
Cumin	茴香, 小茴香子	hot
Dillseed	茴香籽	warm
Dried Ginger	乾姜	hot
Fennel Seed	茴香籽	warm
Fresh Ginger	新鮮的姜	warm
Garlic	大蒜	warm
Ginseng	人參	warm
Horseradish	山葵	cool
Italian or Curly Parsley	皱叶欧芹	cold
Locorice	Locorice	neutral
Margoram	Margoram	cool
Mustard Seed	芥菜籽	hot
Nutmeg	肉豆蔻	warm
Oregano	牛至	cool
Peppermint	薄荷	cool
Rosemary	羅斯瑪麗	warm
Saffron	番紅花	neutral
Sage	鼠尾草	neutral
Spearmint	薄荷	warm
Srar Anise	Srar茴香	warm
Sweet Basil	紫花羅勒	warm
Tarragon	龙蒿	neutral
Thyme	麝香草	cool
Turmeric	姜黄	hot
Vanilla	香草	warm
English Names	中文名字	属性
Legumes,Grains,Oils and Seeds	豆類、五穀、油和種子麥芽:	
Barley	薏仁	cool
Bean Curd (Tofu)	豆腐	cool
Black Sesame Seed	黑芝麻籽	neutral
Black Soybean	黑大豆	neutral
Brazil Nuts	巴西坚果	warm
Bread	面包	neutral
Broad Bean(horse Bean)	蓖麻籽	neutral
Brown Rice	糙米	cool
Castor Bean	Castor Bean	neutral
Cereal, Rolled oats, Cream of wheat, Rolled wheat		neutral
Chia Seeds	野鼠尾草籽	neutral
Cornbread	玉米面包	neutral
Cottonseed	棉籽	hot

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Legumes, Grains, Oils and Seeds	豆類、五穀、油和種子麥芽:	
Cranberries (dried)	蔓越橘 (干)	warm
Garbanzo Beans		neutral
Hyacinth Bean	蠶豆(蠶豆)	neutral
Job's Tears	Job's Tears	cool
Kidney Bean	扁豆	neutral
Malt Sugar	麥芽糖	warm
Mung Bean	綠豆	cool
Olive Oil	橄欖油	warm
Pasta	意大利面	neutral
Peanut Oil	花生油	warm
Peanuts	花生	warm
Peas	豌豆	neutral
Pistachio Nuts	開心果	warm
Polished(White) Rice	白精米	neutral
Pumpkin Seeds	南瓜子	neutral
Quinoa	藜麥	neutral
Rice / Risotto	米飯/意大利調味飯	neutral
Rice Bran	米糠	neutral
Rice Noodle	米粉/米線	neutral
Sesame Oil	麻油	cool
Sesame seeds	芝麻子	neutral
Small Red Bean(Adzuki Bean)	小紅豆(小豆)	neutral
Soybean Oil	豆油	hot
String Bean(green Bean)	四季豆	neutral
Sunflower Seed	向日葵種子	warm
Sward Bean	刀豆	warm
Sweet (glutinous) Rice	糯米	warm
Tortillas	玉米粉薄餅	neutral
Wheat Bran	麥麩	cool
White Wheat Flour/Bread/Pasta		neutral
Whole Wheat	全麥	cool
Yellow Soybean	黃色大豆	neutral
English Names	中文名字	屬性
Fruites and Nuts	水果和堅果	Properties
Almond	杏仁	warm
Apple	蘋果	neutral
Apricot and Seed	杏子和種子	neutral
Avocado	牛油果	neutral
Banana	香蕉	cold
Blueberry	藍莓	neutral
Blackberry	黑莓	neutral
Cashews	腰果	warm
Cherry	櫻桃	warm
Cherry Seed	櫻桃種子	neutral
Chestnut	栗子	warm
Coconut	椰子	warm
Crab Apple	山楂子	neutral
Date	紅棗	warm
Dragon Fruits	火龍果	neutral
Dried Mandarin Orange Peel	乾橘子果皮	warm

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Fruites and Nuts	水果和堅果	Properties
Durian	榴蓮	hot
Fig	無花果	neutral
Fig Root	無花果根	warm
Garbanzo Beans		neutral
Grape	葡萄	neutral
Grapefruit	葡萄柚	cold
Grapefruit Peel	葡萄柚果皮	warm
Guava Leaf	番石榴葉子	neutral
Hawthorn Fruit	山楂樹果子	warm
Jackfruit	菠蘿蜜	warm
Jujube	棗	warm
Kiwi Fruit	猕猴桃	cool
Kumquat	金桔	warm
Lemon	檸檬	cool
Litchi(Lychee)	荔枝	warm
Longan	龙眼	warm
Loquat	枇杷	cool
Lotus Fruit	蓮花果子/蓮蓬	neutral
Lotus Plumule	蓮子心	cold
Lotus Root	蓮花根/藕	cool
Lotus Seed	蓮花種子	cool
Macadami Nuts	昆士兰	neutral
Mango	芒果	warm
Mangosteen	山竹果	cool
Muskmelon	香瓜	cold
Olive	橄欖	neutral
Orange	橙子	cool
Papaya	番木瓜	neutral
Passion Fruit	情人果	cool
Peach	桃子	neutral
Pear	梨	cool
Pecan	美洲山核桃	warm
Persimmon	柿子	cold
Pineapple	菠蘿	neutral
Pistachio Nuts	阿月浑子的果实	warm
Plum	李子	neutral
Pomegranate	石榴	warm
Rambutan	红毛丹	warm
Raspberry	红莓	warm
Sour Plum	酸李子	neutral
Split Peas	去皮的豌豆	neutral
Star Fruit (carambola)	陽桃(陽桃)	cold
Strawberry	草莓	cool
Tangerine/ Mandarin Orange	蜜桔/橘子	warm
Walnut	核桃	warm
Watermelon	西瓜	cold

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英文名字	中文名字	属性
Vegetables, Roots and Gourds	菜、根和金瓜	Properties
Asparagus	芦笋	cool
Bamboo Shoot	筍	cold
Beetroot	甜菜根	neutral
Bellpeppers (green, orange, red)	青椒, 灯笼椒, 柿子辣	warm
Bitter Gourd(Wild Cucumber)	苦澀金瓜	cold
Bitter Melon	苦瓜	cold
Black Fungus	黑木耳	neutral
Bokchoy	青江菜	neutral
Broccoli	西兰花	cool
Button Mushroom	平菇	cool
Cabbage	卷心菜, 洋白菜	cold
Carrot	胡蘿卜	neutral
Celery	芹菜	cold
Chard	蒼苣菜(甜菜)	cool
Chi Qua	节瓜	cool
Chicory	苦苣生苻	warm
Chinese Broccoli/ Cauliflower	白菜花	cool
Chive	韭菜	warm
Chive Root	香蔥根	warm
Chive Seed	韭菜子	warm
Corn	玉米	neutral
Corn Silk	玉米須	neutral
Cucumber	黃瓜	cool
Eggplant	茄子	cool
Green beans	甜豆	neutral
Green Onion	蔥	warm
Kale	甘藍	cool
Kohlrabi	撒藍	neutral
Leaf Mustard	葉芥菜	warm
Leek	韭蔥	warm
Lettuce	萵苣	cool
Lettuce Seed	萵苣種子	cold
Lily Flower	百合花	cool
Lotus Root	蓮藕	cool
Napa Cabbage	大白菜	cold
Onchoy	空心菜	cool
Onion	洋蔥	warm
Peas (green, snow, snap)		neutral
Pepper (red & green)	辣椒	hot
Potato	土豆	neutral
Pumpkin	南瓜	neutral
Radish	蘿卜	cool
Radish Leaf	蘿卜葉子	neutral
Red beet	紅甜菜	cool

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Vegetables,Roots and Gourds	菜、根和金瓜	Properties
Red radishes	红萝卜	cool
Seng Qua	圣瓜	cool
Shiitake Mushroom	什塔克菇	neutral
Spinach	菠菜	cool
Sweet Potato	番薯	warm
Taro	芋頭	neutral
Taro Flower	芋頭花	neutral
Taro Leaf	芋頭葉子	cool
Tomato	蕃茄	cold
Water Chestnut	荸薺	cold
Wax Gourd (Winter Melon)	蠟金瓜(冬瓜)	cool
White Button Mushrooms (champignon)		cool
White Fungus	白木耳(银耳)	neutral
Yam	薯類	neutral
Zucchini	西葫芦	cool
英文名字	中文名字	属性
Meats,Milk,Seefoods,Poultry and Eggs	肉、牛奶、Seefoods、禽畜和蛋:	
Abalone	鮑魚	neutral
Almond Milk	杏仁奶	warm
Beef	牛肉	warm
Butter	奶油	hot
Carp	鯉魚	neutral
Cat Fish	猫鱼	cool
Cheese	奶酪	warm
Chicken	雞	warm
Chicken Egg	雞蛋	neutral
Chicken Egg White	雞蛋白	cool
Chicken Egg Yolk	雞蛋黃	neutral
Clam	蛤蜊	cold
Cod	鱈魚	cool
Crab	螃蟹	cold
Cuttefish	Cuttefish	neutral
Duck	鴨子	cool
Eel	鰻魚	warm
Flatfish (Halibut, Sole, etc.)		cool
Fresh Ham	新鮮的火腿	warm
Goat	山羊肉	hot
Kelp	海藻	cold
Lamb	绵羊肉	warm
Mackerel Fish		cool
Milk	牛奶	neutral
Mussel	淡菜	cool
Other Finfish		cool
Oyster and Shell	牡蠣和殼	warm
Pork	豬肉	neutral

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英文名字	中文名字	属性
Meats, Milk, Seefoods, Poultry and Eggs	肉、牛奶、Seefoods、禽畜和蛋:	
Salmon Fish	鲑鱼	cool
Sardine	沙丁鱼	warm
Sea Grass	海草	cold
Seaweed	海帶	cold
Shrimp	蝦	warm
Silver Fish		warm
Smoked Salmon	熏鲑鱼	cool
Snapper	鯛鱼	warm
Tilapia Fish	罗非鱼	warm
Trout	鱒鱼	cool
Tuna	吞拿鱼	cool
Turkey	火鸡	warm
Yogurt	酸奶	warm
英文名字	中文名字	属性
Miscellaneous Foods	混雜食物:	Properties
Acai Juice		cool
Black (red) Tea	红茶	warm
Brown Sugar	红糖	warm
Carrot Juice	胡萝卜汁	neutral
Chocolate	巧克力	hot
Chrysanthemum	菊花	cold
Coffee	咖啡	warm
Green Tea	綠茶	cool
Honey	蜂蜜	neutral
Hops	蛇麻草	cool
Royal Jelly	王漿	cool
Salt	盐	cold
Sugar Cane	甘蔗	cold
Tabacco	烟草	warm
Vinegar	醋	warm
White Sugar	白糖	neutral
Wine	酒	warm
Wulong Tea	乌龙茶	neutral