

Warming Foods & Beverages



Grains

Oats
Quinoa
Rice (sweet)
Sorghum
Spelt

Vegetables

Brussels sprout
Caper
Coriander leaf
Fennel bulb
Kale
Leek
Mustard leaf
Onion
Parsnip
Bell pepper
Pumpkin
Scallion
Winter squash

Fungus

Oyster mushroom
Reishi

Fruits

Blackberry
Cherry
Date
Grapefruit peel
Guava
Kumquat
Lemon peel
Longan
Lychee
Orange peel
Peach
Quince
Raspberry
Tangerine peel
Umeboshi plumb

Beans

Black bean
Tempeh

Nuts & Seeds

Chestnut
Coconut
Pine kernel
Pumpkin seed
Walnut

Fish

Anchovy
Crayfish
Eel
Lobster
Mussel
Salmon
Shrimp & Prawn
Trout

Meat

Beef
Chicken
Goat
Ham
Lamb
Mutton
Pheasant
Turkey
Venison

Dairy

Butter
Cow milk (raw)
Ghee
Goat milk

Herbs & Spices

Aniseed
Basil

Bay
Caraway
Cardamom
Carob
Cayenne
Chilli
Chive leaf & seed
Cinnamon bark
Clove
Cumin
Dill seed
Fennel seed
Fenugreek seed
Garlic
Ginger
Hawthorn
Horseradish
Mustard
Nutmeg
Oregano
Parsley
Pepper (black & white)
Rosemary
Sage
Savory
Thyme
Turmeric

Oils & Condiments

Soy oil
Malt sugar
Miso
Molasses
Rice syrup
Sugar (brown)
Vinegar

Beverages

Coffee
Jasmine
Spirits
Star anise
Wine