

# Cooling Foods & Beverages



## Grains

Amaranth  
Barley  
Buckwheat  
Job's Tears  
Kamut  
Millet  
Rice (wild)  
Seitan  
Wheat  
Wheat bran  
Wheat germ

## Vegetables

Alfalfa sprout  
Asparagus  
Aubergine  
Bamboo shoot  
Bok choy  
Broccoli  
Burdock root  
Celery  
Chicory  
Chinese cabbage  
Courgette  
Swiss chard  
Cucumber  
Daikon  
Dandelion leaf  
Endive  
Lettuce  
Lotus root  
Marrow  
Mungbean sprout  
Plantain  
Radish  
Seaweeds  
Spinach  
Summer squash  
Tomato  
Water chestnut  
Watercress

## Fungus

Button mushroom  
Field mushroom

## Fruits

Apple  
Avocado  
Banana  
Blackcurrant  
Blueberry  
Cranberry  
Gooseberry  
Grapefruit  
Kiwi  
Lemon  
Lime  
Loquat  
Mandarin  
Mango  
Melon  
Mulberry  
Orange  
Pear  
Persimmon  
Pomelo  
Rhubarb  
Strawberry  
Tamarind  
Tangerine  
Watermelon

## Beans

Lima bean  
Mung bean  
Soybean (yellow)  
Tofu

## Nuts & Seeds

None

## Fish

Clam  
Crab  
Mullet  
Octopus

## Meat

Rabbit

## Dairy

Egg (duck)  
Yoghourt

## Herbs & Spices

Marjoram  
Marigold  
Mint  
Nettle  
Purslane  
Tamarind

## Oils & Condiments

Sesame oil  
Agar  
Kuzu  
Salt  
Soy sauce

## Beverages

Beer  
Chamomile  
Chrysanthemum  
Dandelion root  
Elderflower  
Lemon balm  
Limeflower  
Peppermint  
Raspberry leaf  
Rosehip  
Tea (green)