

Anti-inflammatory foods

FLESH FOODS: COOLING

butterfish (sa)
cod (sa)
haddock (sa)
halibut (sa)
monk (sa)
pacific salmon (sa)
char (sa)
octopus (sw & sa)
pollock (sa)
roughy (sa)
sea bass (sa)
sole (sa)
tilapia (sa)
tuna (sa)

FLESH FOODS: NEUTRAL

abalone (sw & sa)
carp (sw)
mackerel (sa)
organic eggs (sw)
salmon (sa)
sardine (sa)
sturgeon (sa)
whitefish (sa)

FLESH FOODS: WARMING

organic free-range chicken (sr)
organic turkey (sr)

HERBS: COOLING

salt basil
marjoram cilantro
parsley all mints
thyme oregano
most leafy green herbs

HERBS: NEUTRAL

saffron

HERBS: WARMING

anise bay leaf
caraway cardamom
clove chive
curry cumin
dill garlic
ginger nutmeg
scallion pepper
cinnamon

BEVERAGES: COOLING

peppermint tea (sw & pu)
dandelion root tea (sw, sa & bi)

BEVERAGES: NEUTRAL

spring water
mineral water
herbal tea (caffeine-free)
green tea
genmachi (green tea & br.rice)
rice milk (sw)
almond/all nut milks (sw)

DAIRY: COOLING

live culture plain yogurt (sr)

NUTS & SEEDS: COOLING

raw nut butters (no peanut)

NUTS & SEEDS: NEUTRAL

almonds (sw)
flax seeds (sw)
pumpkin seeds (sw & bi)
sesame seeds (sw)

NUTS & SEEDS: WARMING

sunflower seeds (sw)
walnuts (sw)

CONDIMENTS: COLD

salt (sa)
agar (sw)

CONDIMENTS: COOLING

wheat-free tamari (sa)
sesame oil (sw)
kelp (sa)
stevia (brown or green) (sw)
raw maple syrup (sw)

CONDIMENTS: NEUTRAL

flax seed oil
olive oil (sw)
ghee (sw)
raw honey (sw)
molasses (sw)
brown rice syrup (sw)
apple cider vinegar
Bragg's amino acids
carob powder
dulce (sa)
hijiki (sa)
kombu (sa)
nori (sa)
spirulina (sa)
wakame (sa)

CONDIMENTS: WARMING

malt (sw)

VEGETABLES: COLD

bamboo shoots (sw)
lettuce (bi & sw)
water chestnut (sw)
tomato (sr & sw)
bok choy (sw & pu)

VEGETABLES: COOLING

broccoli rabe (bi & pu)
cabbage (sw & pu)
cauliflower (sw & pu)
celery (sw & bi)
chard (sw)
chickory (bi)
cucumber (sw)
daikon (bi)
dandelion (bi)
eggplant (sw)
escarole (bi & sw)
endive (bi & sw)
mushrooms (sw)
mustard greens (bi)
okra (sw)
radish (pu & sw)
rutabaga (pu, sw & bi)
spinach (sw)
summer squash (sw)
turnip (pu, sw & bi)
watercress (pu)
zucchini (sw)

VEGETABLES: NEUTRAL

beets (sw)
brussels sprouts (sw & pu)
chinese cabbage (sw)
carrot (sw)
corn (sw)
kohlrabi (pu, sw & bi)
olive (bi & sw)
potato (sw)
pumpkin (sw)
string beans (sw)
taro (sw & pu)

VEGETABLES: WARMING

artichokes (sw)
asparagus (bi)
avocado (sw)
broccoli (pu & bi)
green peas (sw)
green/yellow peppers (sw)
kale (sw & bi)
leeks (pu)
mustard leaves (pu)
onion (pu)
scallion (pu)
sweet potato (sw)
winter squash (sw)
yums (sw)

FRUITS: COLD

banana (sw)
melon (sw)

FRUITS: COOLING

apple (sw & sr)
lemon (sw & sr)
mango (sw & sr)
pear (sw & sr)

FRUITS: NEUTRAL

apricot (sw)
fig (sw)
grape (sw & sr)
papaya (sw)
pineapple (sw & sr)
plum (sw & sr)
pomegranate (sw & sr)

FRUITS: WARMING

blackberry (sw & sr)
blueberry (sw & sr)
cherry (sw)
coconut (sw)
cranberry (sw & sr)
date (sw)
kiwi (sw & sr)
litchi (sw & sr)
rhubarb (bi)
peach (sw & sr)
raspberry (sw & sr)

GRAINS: COOLING

potato/soy/arrowroot/
buckwheat flours (sw)

GRAINS: NEUTRAL

amaranth (sw & bi)
brown rice (sw)
buckwheat (sw)
millet (sw & sa)
tapioca (sw)
wild rice (sw)

GRAINS: WARMING

quinoa (sw & sr)
sweet rice (sw)

LEGUMES: COOLING

mung bean sprouts (sw)
organic tofu (sw)

LEGUMES: NEUTRAL

adzuki (sw & sr)
black-eyed peas (sw)
broad (sw)
chickpea (sw)
kidney (sw)
lentil (sw & pu)
lima (sw)
pea (sw)
pinto (sw)
split peas (sw)
sprouts (sw)

LEGUMES: WARMING

black (sw)

*fish must be wild-caught

*fruit should be fresh or frozen