

Foods that boost your Yin or Yang

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Yin foods are cool, expansive & moistening

Yin (Cold)

Angled luffa. Arrowhead. Bamboo shoot. Banana. Bitter melon. Chrysanthemum. Crabs. Cuttlefish. Grapefruit. Honey. Kelp. Lettuces. Lotus root. Mulberry. Persimmon. Pig's bone marrow. Pomelo. Preserved jellyfish. Root of kudzu vine. Salt. Sea clams. Seaweed. Snails. Soya sauce. Star fruit. Sugar. Sugar cane. Sprouts. Tomato. Water chestnut. Water spinach. Watercress. Watermelon. Wild rice stem.

Yin (Cool)

Amaranth. Apple. Barley. Bean curd. Broccoli. Buckwheat. Cauliflower. Celery. Cheese. Chinese cabbage. Chinese radish. Coconut. Coix seed. Conch. Cream. Cucumber. Duck egg. Eggplant. Egg white. Frogs. Indian lettuce. Leaf mustard. Lettuce root. Lily bulb. Lily flower. Loofah. Loquat fruit. Mango. Millet. Mung bean. Mushrooms. Muskmelon. Orange. Papaya. Pea. Pears. Peking cabbage. Peppermint. Pig skin. Pineapple. Rabbit Meat. Sesame oil. Soybean milk. Spinach. Strawberry. Tangerine. Tea leaf. Water caltrop. Wax gourd. Wheat. Yogurt.

Yang is warm, contractive, grounding & drying.

Yang (Warm)

Adzuki beans. Beef. Beetroot. Black fungus. Black sesame. Cabbage. Carrot. Cashew nut. Corn. Duck. Egg yolk. Fig. Fuzzy melon. Goose. Grapes. Lemon. Loach. Lotus seed. Milk. Olives. Oyster. Peanut. Pistachio nut. Plums. Pork. Potato. Quail. Quail egg. Radish leaf. Round-grained rice. Sea eels. Sea shrimps. Shiitake mushroom. Soybeans. Sunflower seed. Sweet potato. Taro. Turnips. White fungus.

Balanced Yin-Yang (Neutral)

Adzuki beans. Beef. Beetroot. Cabbage. Carrot. Cashew nut. Corn. Duck. Egg yolk. Figs. Fungus (black & white). Fuzzy melon. Goose. Grapes. Lemon. Loach. Lotus seed. Milk. Olives. Oyster. Peanut. Pistachio nut. Plums. Pork. Potato. Quail. Quail egg. Radish leaf. Rice (round-grained). Sea eels. Sesame (black). Sea shrimps. Shiitake mushroom. Soybeans. Sunflower seed. Sweet potato. Taro. Turnips.

Yang (Hot)

Black pepper. Cinnamon. Ginger(dried). Chili pepper. Mustard seed.

