



Thermal Properties of Foods

Besides providing nutrients, all foods also have a thermic effect on the body. They can be warming, neutral, or cooling. Knowing the thermal properties of a food allows you to adapt your food choices to the season, and can help you correct imbalances in your own individual metabolism. Raw food or food taken directly from the fridge is always more cooling than the same food in cooked state.

| | Cool (Cold in Bold) | Neutral | Warm (Hot in Bold) |
|--------------------------|---|---|---|
| Limit / Avoid | During winter or when signs of “cold” / “dampness” in the body | | During summer or when signs of “heat” or dryness in the body |
| Increase / Prefer | During summer or when signs of “heat” or dryness in the body | | During winter or when signs of “cold” / “dampness” in the body |
| Grains | Amaranth, Barley, Buckwheat, Kamut, Millet, Wheat, Wild Rice | Corn, Quinoa, Rye, Rice, Spelt | Oats |
| Legumes / Pulses | Lima Bean, Mung Bean, Soy, Bean Sprouts | Aduki Bean, Broad Bean, Chick Pea, Kidney Bean, Lentil, Pea, White Bean | Black Bean |
| Nuts / Seeds | Flax Seed, Sesame | Almond, Black Sesame, Brazil Nut, Cashew, Coconut, Hazelnut, Peanut , Pecan, Pumpkin Seed, Sunflower Seed | Chestnut, Pine Nut, Pistachio, Walnut |
| Meat / Poultry | | Duck , Goose, Pork, Veal, Liver (beef), Quail, Rabbit | Beef, Pheasant, Chicken, Goat, Lamb , Ham, Turkey, Venison |
| Fish / Seafood | Caviar , Clam, Crab , Octopus, Seaweed | Carp, Herring , Oyster , Sardine, Scallop, Tuna , Whitefish, Cuttlefish | Anchovy, Eel, Lobster, Mussel, Perch, Prawn, Salmon, Shrimp, Trout |
| Dairy / Eggs | Yogurt , Buttermilk, Fresh / Soft Cheese, Kefir, Sour Cream | Cream, Eggs, Cow Milk , Cow Cheese , Butter | Cheese from Goat & Sheep Milk |
| Fruits | Apple, Avocado, Banana , Citrus , Blueberry, Cranberry, Kiwi , Sour Cherry, Currant, Mango, Melon , Pear, Rhubarb , Strawberry | Apricot , Date, Fig , Grape , Papaya, Pineapple , Plum , Quince, Raspberry | Blackberry, Cherry, Lychee, Peach, Pomegranate, Peel of Citrus Fruits, Raisins |
| Vegetables | Asparagus , Artichoke , Bok Choy, Bell Pepper, Broccoli, Chard, Celery, Cucumber , Eggplant, Endive, Lettuce , Radish, Mushroom, Sauerkraut, Spinach, Zucchini, Tomato | Artichoke, Beet, Cabbage , Carrot, Cauliflower , Green Bean, Kohlrabi, Olive, Parsnip, Potato , Yam, Shitake, Turnip | Brussels Sprout, Hot Pepper, Caper, Fennel, Kale, Leek, Onion, Pumpkin |
| Herbs / Spices | Cress, Chervil, Dandelion , Lovage, Mint, Nettle, Sage, Purslane, Tamarind, Salt | Alfalfa, Licorice, Oregano, Marjoram, Saffron | All the Rest. Hot: Garlic , Fennel , Cayenne , Chili , Ginger , Pepper , Mustard , Cinnamon |
| Drinks | Beer , White Wine, Juice, Sparkling Water, Green Tea | Black Tea | Liquors , Red Wine, Coffee, Cacao, Bone Broth |
| Others | Soy Sauce, Miso | Honey, White Sugar, Apple Cidre Vinegar | Brown Sugar, Malt, Molasses, Wine Vinegar |