



## FOODS CATEGORIZED BY FLAVOR AND ORGAN SYSTEM

Flavors and Direction	Affected organ	Effects	Food
Bitter (yin) Cooling, direct energy inward and to lower body (downward)	Heart/Small Intestine	Inflamations, infections, moist and damp conditions, high cholesterol, candida overgrowth, parasites, abscesses and overeating. Dry, cold, nervous, weak persons should not overeat bitter foods	Alfalfa, romaine lettuce, rye. <i>Bitter+pungent</i> : citrus peel, radish leaf, scallion, turnip, white pepper. <i>Bitter+sweet</i> : amaranth, asparagus, celery, lettuce, papaya, quinoa. <i>Bitter+sour</i> : vinegar
Pungent (yang) Warming, direct energy outward and to upper body, expansive, dispersive	Lung/Large Intestine	Stimulates circulation, cardioprotective, clear obstructions and improve liver function, moistens the kidneys affecting fluids in the entire body, improve digestion, and reduce mucous conditions, expels parasites	<i>Warming</i> : spearmint, rosemary, scallion, garlic, onion, cinnamon, cloves, ginger, black pepper, all peppers, cayenne, mustard greens, fennel, anise, dill, nutmeg, basil and horseradish <i>Cooling</i> : peppermint, marjoram, white pepper and radish <i>Neutral</i> : taro, turnip and kohlrabi
Salty (yin) Cooling, direct energy inward and to lower body (downward)	KidneysBladder	Softens lumps (such as hardened lymph nodes), cataracts, knotted muscles and glands. Constipation, abdominal swelling and pain, sore throat, pyorrhea. Increases appetite	Salt, seaweed (kelp, kombu, bladderwrack, dulse), barley, millet, soy sauce, miso, pickles, umeboshi and gomasio
Sour (yin)Cooling, causes contraction and has an absorbent, astringent effect	LiverGallbladder	Incontinence, excessive perspiration, hemorrhage, diarrhea, hemorrhoids, prevent or reverse abnormal leakage of fluids, dries and firms up tissue	Hawthorne berry, lemon, lime, pickles, rose hip, sauerkraut, crab apple, sour plum. <i>Sour+bitter</i> : vinegar. <i>Sour+pungent</i> : leek. <i>Sour+sweet</i> : aduki bean, apple, blackberry, cheese, grape, mango, olive, raspberry, sourdough bread, tangerine, tomato, yogurt
Sweet (yang)Warming, direct energy outward and to upper body (upward)	Spleen-pancreas Stomach	Slows acute reactions and neutralizes toxic effects of other foods, also lubricates and nourishes the body. Those to benefit most are dry, cold, nervous, thin, weak, scattered or aggressive persons. Less needed for those persons with damp or mucous signs.	<i>Fruits</i> : apple, apricot, cherry, date, fig, grape, grapefruit, olive, papaya, peach, pear, strawberry, tomato <i>Vegetables</i> : beet, mushroom, cabbage, carrot, celery, chard, cucumber, eggplant, lettuce, potato, spearmint, squash, sweet potato, yam <i>Nuts/seeds</i> : almond, chestnut, coconut, sesame seed, sunflower seed, walnut <i>Sweeteners</i> : amasake, barley malt, honey, molasses, rice syrup, whole sugar (unrefined)