

THERMAL PROPERTIES OF FOODS

Warming

Spices

Basil
Bay Leaves
Caraway
Cardamom
Carob
Cinnamon Twigs
Cloves
Dill
Fennel seed
Fenugreek seed
Fresh Ginger
Juniper Berries
Rosemary
Sage
Savory
Thyme
Turmeric

*Black Pepper
*Cayenne Pepper
*Chili Pepper
*Cinnamon Bark
*Dried Ginger
*Garlic
*Horseradish
*Mustard

Food

Asparagus
Cabbage
Parsley
Mustard greens
Kale
Onions
Leeks
Scallions
Winter squash

Sweet potatoes
Cherries
Dates
Oats
Spelt
Quinoa
Brown rice
Walnuts
Pine nuts
Chestnuts
Sunflower seeds
Sesame seeds
Butter
Lamb
Beef
Chicken
Mussels
Anchovies
Trout

**spices that are hot in nature*

Cooling

Spices

Cilantro
Dandelion greens
Honeysuckle flowers
Lemon balm
Marjoram
Mint
Nettle
Peppermint
Tamarind
White peppercorn
*Purslane

Foods

Apples
Pears
Cantaloupe
Watermelon
Tomatoes
Oranges
Lemons
Limes
Grapefruit
Tangerines
Lettuce
Radishes
Cucumber
Celery
Button mushrooms
Asparagus
Swiss Chard

Eggplant
Spinach
Summer Squash
Napa cabbage
Bok choy
Cauliflower
Sweet corn
Zucchini
Broccoli
Millet
Barley
Wheat
Amaranth
Aloe vera juice
Seaweed
Clam crab

The materials and content contained on this form are for general holistic nutrition information only to help support and enhance the body's own healing properties and are not intended to be a substitute for professional medical advice, diagnosis or treatment for any medical condition. You should not rely exclusively on information provided on this or any other nutritional guidelines for your health needs. All specific medical questions should be presented to the appropriate medical health care provider.

Reference: "Healing with Whole Foods" – Paul Pitchford