

COOLING FOODS

- Apples
- Asparagus
- Avocado
- Banana (not eaten excessively)
- Basil
- Broccoli/Cauliflower
- Cabbage
- Melons/Papaya
- Celery
- Chrysanthemum (tea)
- Crab (not eaten excessively)
- Cucumber
- Duck
- Eggplant
- Grapefruit
- Lettuce
- Mung Beans
- Pears
- Peppermint
- Plums
- Rhubarb
- Rye
- Seaweed
- Sesame
- Soybeans
- Spinach
- Water Chestnuts
- Coconut
- Eggs
- Figs
- Grapes
- Kidney Beans
- Lotus Root