

### The 5 Elements: Food Chart & Emotions

Element	Wood	Fire	Earth	Metal	Water
Season	Spring	Summer	Late Summer	Autumn	Winter
Time of Day	Morning	Noon	Afternoon	Evening	Night
Direction	East	South	Center	West	North
Energy	Upward	Active, Expansive	Gathering, Downward	Contracting	Floating
Color	Green	Red, Purple	Yellow, Gold	White	Black, Blue
Flavors	Sour	Bitter	Sweet	Pungent	Salty
Grains	Oats, Wheat, Rye	Amaranth, Corn, Red Quinoa, Teff	Millet, White Quinoa	Short Grain Rice, Sweet Rice	Buckwheat, Wild Rice
Beans	Mung Beans, Green Lentils, Peas	Red Lentils,	Garbanzo	Soy	Aduki, Black Beans, Black Lentils
Vegetables	<i>Upward Growing:</i> Asparagus, Broccoli, Sprouts, Scallions	<i>Expanded/Bitter:</i> Leafy Greens, Chicory, Endive, Okra, Tomato, Beetroot, Eggplant, Summer Squash	<i>Ground/Round/Sweet:</i> Sweet Corn, Onions, Pumpkin, Squash, Carrots, Parsnips	<i>Contracted/Pungent:</i> Cauliflower, Daikon, Radish, Turnip, Watercress	<i>Roots/Water Growing:</i> Burdock, Arame, Dulse, Kelp, Kombu, Wakame
Fruits	Green Apples, Avocado, Lemon, Lime, Plum	Strawberries, Cherries, Raspberries	Sweet Apples, Dates, Figs, Raisins, Peaches	Pear, Apricots, Persimmon	Blackberries, Blueberries, Cranberry, Watermelon
Seasonings	Maple Syrup, Sourcroust, Vinegar	Sugar Cane, Molasses	Apple sauce, Honey	Garlic, Ginger, Horseradish	Sea Salt, Tamari
Cooking Methods	Steaming, Quick Boiling, Sauteing	Grilling, Stir Frying	Boiling, Braising	Pressure Cooking, Baking	Long-Simmered Dishes
Organs	Liver, Gall Bladder	Heart, Small Intestines	Stomach Spleen, Pancreas	Lungs, Large Intestines	Kidneys, Bladder, Reproductive Organs
Positive Emotions	Clarity, Confidence, Assertive, Hope, Leadership, Optimistic	Social, Excitement, Talkative, Laughing, Sensitivity, Love, Joy	Empathy Compassion, Caring, Nurturing	Integrity, Dignity, Inspiring, Idealistic	Wisdom, Inner Power, Inner Knowing,
Negative Emotions	Anger, Argumentative, Irritable	Hovering, Hot-headed, Confusion, Anxiety	Worry, Suspicious, Indecisive, Needy, Resentment	Grief, Sadness, Perfectionism, Stubborn	Fear, Insecurity, Burn Out

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