

Chinese Food Therapy for Dogs and Cats

	Cool/Cold Diets	Warm/Hot Diets	Neutral
Vegetable	Spinach Broccoli Celery Kelp Chinese cabbage Eggplant Cucumber Winter melon	Ginger Garlic Onion Chives Pepper Carrots Squash Pumpkin Asparage	Yam Sweet potato
Fruits/Tea	Watermelon Bitter Melon Pear Banana Sugarcane Ginkgo Chrysanthemum, green tea	Peach Plum Walnut Apricot Citrus Olive Aspargus	Grape Green Pea
Grains/Beans/Oils	Millet Brown Rice Buckwheat Wheat flour Sesame/Flaxseed Oil Barley Barley Sprouts (green) Tofu	Oats White Rice Rice Vinegar Brown Sugar Olive Oil	Corn Sweet Rice Soybean String Beans

	Cool/Cold Diets	Warm/Hot Diets	Neutral
Meats	Turkey Cod Rabbit Frog Turtle Clam White Fish	Chicken Shrimp Mutton Deer Meat Beef	Pork Eggs Goose Duck Catfish Salmon Sardine Tripe Quail