

## Summary Chart: Emotions, Flavours, Foods

Adapted from Charts 3, 4,5 "The Five Phases of Food" by JW Garvey

	I	II	III	IV	V
<b>Flavour</b>	Sour	Bitter	Sweet	Hot. Pungent	Salty
<b>Emotion</b>	Anger	Joy	Sympathy	Grief	Fear
<b>Sound</b>	Shouting	Laughter	Singing	Weeping	Groaning

<b>Foundation Foods</b>	<b>GRAINS AND TUBERS</b>				
	Barley	Corn, Maize	Millet	Rice	Buckwheat
	Oats	Popcorn	Sweet potato/Yam	Taro potato	
	Rye			White potato	
	Triticale				
	Wheat				
	<b>LEGUMES</b>				
	Green lentil	Red lentil	Chickpea	Navy Soybean	Aduki
	Lima				Kidney
	Mung				Pinto
Peanut					
Split Pea					
<b>VEGETABLES</b>					
Artichoke: globe	Asparagus	Artichoke: Jerusalem	Cabbage	Beetroot	
Capsicum: green	Capsicum: red	Bamboo shoot	Capers	Beetroot	
Broccoli	Brussel sprout	Eggplant	Cauliflower	greens	
Carrot	Chive	Parsnip	Celery	Hijiki	
Lettuce: - Romaine	Tomato	Pumpkin	Chili: red	Kale	
Parsley		Pumpkin	Chinese cabbage	Kombu	
Peas: green		Spinach	Cucumber	Mushroom: - Button	
Rhubarb		Butternut pumpkin	Garlic	- Shitake	
String bean		Sweetcorn on the cob	Ginger	Nori	
Zucchini			Leeks		
			Lettuce: - iceberg		
			Onion		
			Radish		
			Shallot		
			Turnip		
<b>FRUITS</b>					
Avocado	Apricot	Apple: sweet	Peach	Blackberry	
Grapefruit	Guava	Banana	Pear	Blueberry	
Lemon	Raspberry	Coconut		Cranberry	
Lime	Strawberry	Coconut milk		Watermelon	
Orange: sour		Date			
Plum		Fig			
Pomegranate		Mango			
Sour Cherry		Rockmelon			
		Orange: sweet			
		Papaya			
		Pineapple			
		Prune			
		Raisin			
		Sweet Cherry			

<b>Supplementary Foods</b>	<b>SPROUTS</b>				
	Alfalfa Mung Wheat	Corn Sunflower	Fenugreek Millet	Celery Radish	Buckwheat
	<b>SEEDS</b>				
	Alfalfa	Sesame Sunflower	Pumpkin		Chia Sesame: Black
	<b>HERBS</b>				
	Saffron	Hops	Anise Caraway Liquorice Marjoram Vanilla	Basil Bay leaf Cayenne Cinnamon Clove Coriander Marjoram Nutmeg Pepper: black Thyme	
	<b>NUTS</b>				
	Brazil Cashew	Pistachio	Almond Pecan Pine nut Macadamia	Walnut	Chestnut
	<b>DAIRY</b>				
	Butter Cream Mayonnaise Sour cream Yoghurt: sour		Cottage cheese Ice cream Milk: fresh Yoghurt: sweet	Cheese Egg: white	Egg: yolk
	<b>SEAFOOD</b>				
	Softshell crab Trout	Shrimp	Anchovy Eel Salmon Swordfish Tuna	Cod Flounder Herring Perch	Crab Mussel Octopus Oyster Sardine Scallop Squid
	<b>POULTRY</b>				
	Chicken		Quail	Turkey	Duck
<b>MEAT</b>					
Fats Liver: - beef - lamb	Heart: beef Lamb	Mutton Rabbit	Beef	Ham Kidney: beef Pork	
<b>MISCELLANEOUS</b>					
Nut butter Oils: vegetable Olives Pickles: sour Sauerkraut Vinegar Wheat bran Wheat germ	Beer Coffee Chocolate Spirits Tobacco Wine	Carob Honey Maple Syrup Rice Syrup Sugar: - brown - white	Mint Peppermint Tempeh Tofu	Coffee: Decaffeinated Miso Pickles: salty Salt Tamari Tea: Bancha	