

	WOOD - SOUR	FIRE - BITTER	EARTH – CENTRE - SWEET	METAL - SPICY	WATER - SALTY
CEREAL AND GRAINS	wheat	buckwheat, rye	millet, corn	millet, cornice, oats, barley	beans, soya
VEGETABLES	green parts of vegetables, cereal germ, sprouts, lettuce, pickled gherkins, sauerkraut, tomatoes, sorrel	beet-greens, chicory, artichokes, endive, bitter lettuce, red cabbage	pumpkin, carrots, parsley root, green peas, split peas, potatoes, sweet pepper, beetroot, edible mushrooms, spinach, asparagus, cucumber, pattypan squash, dried vegetables	hot peppers, garlic, leeks, onion, chives, horseradish, white cabbage, Savoy cabbage, Napa cabbage, cauliflower, kohlrabi, broccoli, celeriac, white radish, radish, black turnip	black Chinese mushrooms
FRUIT	peaches, quince, sour: -grapes, apples, pears, grapefruits, gooseberries, black/white/red currants, strawberries, wild strawberries, lemons, tangerines/ /clementines satsumas, oranges, rhubarb	walnuts, dark plums, red grapes, smoked fruits	cherries, black cherries, apricots, raspberries, sweet: - peaches, - grapefruits, -apples, -pears, -raisins, bananas, dates, figs, water melons, pineapples, mango, almonds, pistachios, sunflower seeds, hazelnuts		peanuts
SPICES	white wine vinegar, lemon balm, yeast, basil	cocoa, coffee, mugwort, tarragon, wormwood, thyme, sage, marjoram, saffron, turmeric	cinnamon, cumin, linseed, fennel, anise, liquorice, vanilla, cereal milk, sesame, honey, maple syrup, olive oil, mayonnaise	chilli, ginger, allspice, nutmeg, nigella, coriander, black and white pepper, mustard seed, curry, oregano, pepper mint	salt, dried vegetable powder, baking powder
ANIMAL PRODUCTS	duck, chicken, sour milk, sour cream, yogurt, kefir, white cheese	lamb, mutton, goat meat, goat milk, goat cheese, sheep's-milk cheese	beef, veal, goose, rabbit, fresh-water fish, cow's milk, butter, sweet cream, eggs	hare, wild boar, deer, pheasant, quail, turkey	pork, pigeon, sea fish, crayfish, frogs, oysters, crabs, blue cheese
HERBS AND DRINKS	hibiscus, parsley, birch juice, wheat beer, sour juices, white wine	natural and chicory coffee, cocoa, thyme, red rosemary, ginseng, black and green tea, beer, sage, gentian, dandelion, boiling water	anise, white ginseng, corn silk, linden, camomile, raspberry and blackberry leaves, liquorice	vodka, cognac, whisky, rice wine, ginger tea, cinnamon tea, clove tea	cold water