

# Categorization of Fruits Based on Five Energies from the Perspective of TCM

## Fruits

1

Cold Fruits



tomato

watermelon

banana



grapefruit



persimmon



mulberry

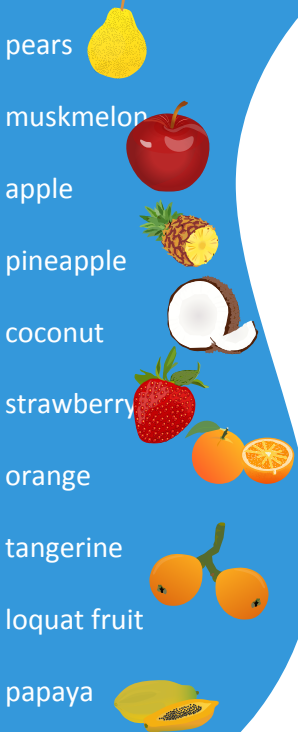


star fruit



2

Cool Fruits



pears

muskmelon

apple

pineapple

coconut

strawberry

orange

tangerine

loquat fruit

papaya

3

Neutral Fruits



plums

fig

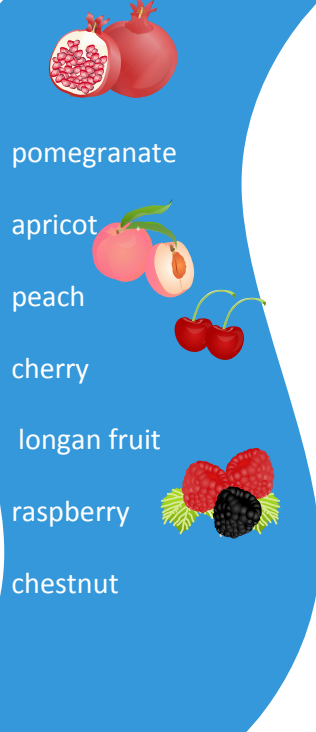
grapes

lemon

olives

4

Warm Fruits



pomegranate

apricot

peach

cherry

longan fruit

raspberry

chestnut

5

Hot Fruits



durian

black pepper

cinnamon

ginger(dried)

chili pepper

mustard seed

mango

ratchi