

# Die 5-Elemente-Tabelle

## Thermik und Geschmack von Lebensmittel

### GEWÜRZE

| heiß                                                                                                                                                                                                                   | warm                                                                                                                                                                                                                                                                                                                                                                                                        | neutral                                                                                                                                                                                                                                                                                                                                                                        | kühlend                                                                                                                                                                                                                                                                                                                                                                 | kalt                                                                                   |
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| <p>Bärlauch sf<br/>Cayennepfeffer sf<br/>Chili sf<br/>Curry sf<br/>Galgant sf<br/>Ingwer getrocknet sf<br/>Knoblauch sf<br/>Kren sf<br/>Pfeffer sf<br/>Piment sf<br/>Tabasco sf<br/>Zimt sf sü<br/>Zucker, weiß sü</p> | <p>Anis sü sf<br/>Alant bi<br/>Basilikum sü bi sf<br/>Beifuss bi<br/>Bockshornkleesamen bi<br/>Bohnenkraut sü bi sf<br/>Dille sr<br/>Essig sü sr<br/>Fenchel sü sf<br/>Gundelrebe sf<br/>Ingwer, frisch sü, sf<br/>Kakao bi<br/>Kalmuswurzel sf<br/>Kardamom sf bi<br/>Kerbel frisch bi<br/>Koriander Samen sf bi<br/>Koriander Kraut sf bi<br/>Kurkuma sf bi<br/>Kümmel sü sf<br/>Liebstöckel sü bi sf</p> | <p>Lorbeerblatt sü sf<br/>Majoran sf bi<br/>Muskatnuss sü sf<br/>Nelke sf<br/>Oregano sf bi<br/>Paprikapulver bi<br/>Petersilie sf bi sz sa<br/>Rosmarin sf bi<br/>Safran sü<br/>Schnittlauch sf<br/>Sternanis sü sf<br/>Senfsamen sf<br/>Süßholz sü<br/>Tomatenmark bi<br/>Thymian bi sf<br/>Vanille sü<br/>Wacholder sü sf bi<br/>Wermut bi<br/>Ysop sf<br/>Zitronengras</p> | <p>Honig sü<br/>Kapern bi<br/>Lakritze sü<br/>Malz sü<br/>Marzipan sü<br/>Melasse sü<br/>Rohrzucker sü<br/>Safran sü<br/>Schafgabe bi</p> <p>Agavendicksaft sü<br/>Ahornsirup sü<br/>Borretsch sü sz<br/>Brunnenkresse sü sf bi<br/>Miso sz<br/>Pfefferminze sf<br/>Salbei bi sf</p>  | <p>Löwenzahn bi sü<br/>Salz, unraffiniert sz<br/>Sojasauce sz<br/>Worcestersoße sz</p> |

### OBST

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| <p>Kirsche sü sr<br/>Korinthe sü<br/>Pfirsich sü, sr<br/>Nektarine sü sr<br/>Rosinen sü</p>  | <p>Brombeeren sü sr<br/>Datteln sü<br/>Feigen sü<br/>Himbeeren sr<br/>Marille sü sr<br/>Pflaumen sü sr<br/>Orangenschale bi<br/>Weintrauben sü sr<br/>Zitronenschale bi<br/>Zwetschge sü sr</p> | <p>Ananas sü sr<br/>Apfel sü sr<br/>Birne sü sr<br/>Erdbeeren sü sr<br/>Grapefruit sr bi<br/>Holunderbeeren<br/>Honigmelone sü<br/>Johannisbeeren sü sr<br/>Litchi sr</p> | <p>Mandarine sü sr<br/>Mango sü sr<br/>Papaya sü sr<br/>Preiselbeeren<br/>Orange sü sr<br/>Sauerkirschen sr<br/>Stachelbeere sü sr<br/>unreifes Obst sr<br/>Zitrone sr</p> | <p>Banane sü<br/>Honigmelone sü<br/>Kaki sü, sr<br/>Kiwi sü sr<br/>Mango sr<br/>Papaya sü, bi<br/>Rhabarber sr<br/>Wassermelone sü</p> |
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### GEMÜSE & SALATE

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| <p>Fenchel sü sf<br/>Frühlingszwiebel sf<br/>Kohlsprossen bi<br/>Kürbis sü<br/>Lauch sü sf<br/>Pastinake bi<br/>Süßkartoffel sü<br/>Tomatenmark bi<br/>Zwiebel sü sf</p>  | <p>Austernpilz sü<br/>Bärlauch sf<br/>Chinakohl sü sr<br/>Erbse sü<br/>Fisolen sü<br/>Karfiol sü<br/>Karotten sü<br/>Kartoffeln sü<br/>Kohlrabi sü<br/>Maiskolben sü<br/>Melanzani sü<br/>Oliven sü sr<br/>rote Rüben sü<br/>Rotkraut sü<br/>Shitakepilz sü<br/>Topinambur sü<br/>Weisskraut sü</p> | <p>Avocado sü bi<br/>Brennnessel bi<br/>Brokkoli sü<br/>Champignons sü<br/>Chicorée bi<br/>Eisbergsalat sü bi<br/>Essiggurke sr<br/>Feldsalat sü bi<br/>Karfiol sü<br/>Mangold sü<br/>Olive sü<br/>Paprika sü sf bi</p> | <p>Radieschen sf<br/>Rettich sü sf<br/>Ruccola bi sr<br/>Sauerkraut sr<br/>Schwarzwurzel sü<br/>Sellerie sü sf<br/>Spinat sü<br/>Spargel sü<br/>Sprossen, generell sr<br/>Staudensellerie sü<br/>Wirsing sü<br/>Zucchini sü</p> | <p>Alge sz<br/>Alge Nori, Wakame sz<br/>Alge Hijiki, Kombu sz<br/>Artischoke bi<br/>Bambussprosse sü<br/>Eierschwammerl sr<br/>Endiviensalat/Frisee bi<br/>Gurke sü<br/>Löwenzahn bi<br/>Radicchio bi sü<br/>Salat, grünen sü<br/>Seetang sz<br/>Spargel sü<br/>Tomate sr sü</p> |
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### GETREIDE

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| <p>Amaranth sü, sr<br/>Hafer sü<br/>Klebereis süß<br/>Reis, lang sü</p> | <p>Buchweizen sü bi<br/>Dinkel sü<br/>Grünkern sü sr<br/>Hirse sü sz<br/>Maisgrieß, Polenta sü<br/>Quinoa sü sr<br/>Reis, Rundkorn sü<br/>Roggen sü bi<br/>Wildreis sü</p> | <p>Gerste sü<br/>Weizen sü</p>  |  |
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### HÜLSEN- FRÜCHTE

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|  | <p>Azukibohne sü<br/>Bohne weiß sü<br/>Bohne, schwarz sü<br/>Erbse sü<br/>Kidney Bohne sü<br/>Linsen div. Sorten<br/>sü Sojabohnen</p> | <p>Kichererbse sü sz<br/>Mungobohne sü</p> | <p>Mungosprossen sr</p> |
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# Die 5-Elemente-Tabelle

## Thermik und Geschmack von Lebensmittel

### FEISCH

| heiß                                                                                        | warm                                                                                                             | neutral                                                                         | kühlend                                                                           | kalt                                                                                                                                                                                                     |
|---------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Hirsch sf<br>Lamm sü, bi<br>Schaf sü<br>Ziege sü, bi<br>Fleisch aller Sorten<br>gegrillt bi | Fleisch gepökelt sz<br>Fleisch, geräuchert sz<br>Fleisch, gesalzen &<br>luftgetrocknet sz<br>Fasan sf<br>Huhn sr | Rind sü<br>Salami sz<br>Schinken<br>(roh, gekocht) sz<br>Wildschwein,<br>Reh sf | Ei sü<br>Ente sr<br>Gans sr<br>Kaninchen, wild<br>sü, sf<br>Pute sü<br>Schwein sz | Kaninchen Zucht, sf<br>Pferd sü sr<br><br>Löwenzahn bi sü<br>Salz, unraffiniert sz<br>Sojasauce sz<br>Worcestersoße sz |

### ÖLE, FETTE

|  |                                                                                                                                      |                                                                   |                                                                                                             |  |
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|  | Kürbiskernöl sü<br>Rapsöl sü sf<br>Walnussöl sü<br> | Butter/Ghee sü<br>Distelöl sü<br>Erdnussbutter sü<br>Erdnussöl sü | Kokosfett sü<br>Leinöl sü<br>Maisöl sü<br>Olivenöl sü<br>Sesamöl sü<br>Sonnenblumenöl sü<br>Weizenkeimöl sü |  |
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### MILCH-PRODUKTE

|                 |                                                                                                                         |                                                                                                   |                                                                       |                                                                                                                                                                                                        |                           |
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| Schimmelkäse sf | Brie sü<br>Camembert sü sf sz<br>Parmesan sz<br>Quargel sf<br>Münsterkäse sf<br>Käse würzig<br>Sauermilch Käse sü sü sf | Schafsmilch sü bi<br>Schafskäse sü bi<br>Schimmelkäse sü sz sf<br>Ziegenkäse bi<br>Ziegenmilch bi | Butter/Ghee sü<br>Kuhmilch sü<br>KuhmilchKäse sü<br>sf sz<br>Obers sü | Buttermilch sü sr<br>Frischkäse sü<br>Kosmosmilch sü<br>Sauerrahm sr<br>Sojamilch sü<br>Tofu sü<br>Topfen sü sr<br> | Joghurt sü sr<br>Kefir sr |
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### FISCH

|                                                                                                 |                                                                                                          |                                                                           |                                                                                                                                             |                                    |
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| Aal sü<br>Barsch sz<br>Garnele (Schrimps,<br>Crevette) sz<br>Hering<br>Hummer sz<br>Kabeljau sz | Languste sz<br>Sardelle sz<br>Sardine sz<br>Scholle sz<br>Shrimps sz<br>Thunfisch sz<br>Fisch geräuchert | Barsch sü sz<br>Forelle sü sz<br>Karpfen sü<br>Lachs sü, sz<br>Makrele sü | Miesmuschel sz<br>Muscheln sz<br>Tintenfisch sü, sz<br> | Krabbe sz<br>Krebs sz<br>Kaviar sz |
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### NÜSSE

|                                                                                                          |                                                                                                  |                                                                                                                                                        |  |
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| Esskastanien sü<br>Kokosraspel sü<br>Maroni sü<br>Marzipan sü<br>Mohn bi<br>Pinienkerne sü<br>Walnuss sü | Erdnuss sü<br>Haselnuss sü<br>Kokosmilch<br>Pistazien sü<br>Sesam sü<br>Sonnenblumen-<br>kern sü | Cashew sü<br>Kürbiskern sü bi<br>Leinsamen sü<br>Mandel sü bi<br> |  |
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### GETRÄNKE

|                                                                                                                                                 |                                                                                                                                                                                                                  |                                                         |                                                                                                                                                 |                                                                                                                   |                                                                                                                                                                            |
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| Bitterlikör bi<br>Cognac bi<br>Glühwein sü sf bi<br>Hochprozentiges sf<br>Korn sf<br>Rum sf<br>Schnäpse sf<br>Whiskey sf<br>Yogi Tee (mit Zimt) | Getreidekaffee bi<br>Honigwein, Likör sü<br>Kaffee bi<br>Kakao bi<br>Kirschsäfte sü sr<br>Rotwein bi sf<br>Traubensaft sü<br> | Kamillentee sü bi<br>Malzbier sü<br>Schwarzer Tee sü bi | Apfelsaft sü sr<br>Apfelmost sr<br>Birnen-saft sü<br>Früchtetee sü sr<br>Grüner Tee bi sü<br>Guinness Bier sü sr bi<br>Hagebuttentee<br>Pils bi | Pfefferminztee sf<br>Prosecco,<br>Weiswein sr<br>Sekt sü sr<br>Weißwein sü sr<br>Weizenbier sr<br>Wasser, heiß bi | Ananassaft sr<br>Enziantee bi<br>Frauenmanteltee bi<br>Klettenwurzeltee bi<br>Löwenzahntee bi<br>Mineralwasser sa<br>Orangensaft sü sr<br>Weizenbier sr<br>Zitronensaft sr |
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### SONS-TIGES

|                                                                                     |                                                                              |                                                       |                                       |                                                 |
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|  | Backpulver sr<br>Germ / Hefe sr<br>Miso sz<br>Sauerteig sr<br>Semmelpösel sr | Kuzu sü<br>Pfeilwurzelmehl sü<br>Seitan sü<br>Tofu sü | Umeboshi-Pflaume sz<br>Mu-Erh-Pilz sz | Agar-Agar sz<br>Sojasauce<br>(Tamari, Shoyo) sz |
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### LEGENDE

|             |                |                                                                     |
|-------------|----------------|---------------------------------------------------------------------|
| sü - süß    | Erde-Element   | nährt, befeuchtet, entspannt, baut Qi auf, verteilt Erde            |
| sf - scharf | Metall-Element | löst Stagnation, leitet nach oben, bewegt                           |
| sz - salzig | Wasser-Element | weicht auf, festigt die Knochen, löst Stagnation, leitet nach unten |
| sr - sauer  | Holz-Element   | bewahrt die Säfte, zieht zusammen                                   |
| bi - bitter | Feuer-Element  | trocknet aus, leitet nach unten, regt die Umwandlung der Speisen an |