



Chinese Five Element Theory

Like the concept of Yin and Yang, the Five Elements Theory is the cornerstone of Chinese culture.

Chinese believe that we are surrounded by five energy fields: metal, wood, water, fire and earth.

In food, the five elements are represented by different colors of the ingredients: white, green, black, red and yellow (orange).

The five different colors in turn nurture different parts of the body, namely, lung, liver, kidney, heart, spleen and stomach.

Following is a chart showing the holistic nourishment you body will have when you enjoy Ming's 2011 Turkey Feast.

Five Elements, Color, Food and Nourishment			
Five Elements	Color	Ingredients	Nourishing
Metal	White	Turkey, , Cauliflower and Baby Bok Choi	Lung
Wood	Green	String Bean, Celery and Peas	Liver
Water	Black	Black Wood Ear, Black Sesame Seeds	Kidney
Fire	Red	Cranberry Sauce, Sweet Potato, Red Onion and Chinese Sausage	Heart
Earth	Yellow (Orange)	Pumpkin, Baby Corn and Brown Rice	Spleen & Stomach

五行 顏色 食物 營養			
五行	顏色	食物	營養
金	白	火雞 菜花 小白菜	肺
木	青綠	四季豆 芹菜 青豆	肝
水	黑	木耳 黑芝麻	腎
火	紅	蔓越莓醬 甜薯 紅洋蔥 臘腸	心
土	黃橙	南瓜 玉米 黃米	脾胃

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