If you have used the experimental setting workspace.experimental.colorCustomization, use the following table to map the ids to the new format:

Experimental Id	New Id
activeTabActiveGroupForeground	tab.activeForeground
	tab.activeBackground
activeTabInactiveGroupForeground	No longer available
	activityBarBadge.background
	activityBarBadge.foreground
	activityBar.background
	activityBar.dropBackground
	debugExceptionWidget.background
0 - 0	debugExceptionWidget.border
	debugToolBar.background
	dropdown.background
dropdownBorder	dropdown.border
=	dropdown.foreground
=	editorLink.activeForeground
	editor.background
_	editorCursor.foreground
	editorGroup.dropBackground
	editor.findMatchBackground
	editor.findMatchHighlightBackgroun
	editor.findRangeHighlightBackgroun
editorFindWidgetBackground	editorWidget.background
	editor.foreground
	editorGroup.background
editorGroupBorder	editorGroup.border
editorHeaderBackground	editorGroupHeader.noTabsBackground
editorHoverBackground	editorHoverWidget.background
editorHoverBorder	editorHoverWidget.border
editorHoverHighlight	editor.hoverHighlightBackground
editorInactiveSelection	editor.inactiveSelectionBackground
editorIndentGuides	editorIndentGuide.background
editorLineHighlight	editor.lineHighlightBackground
editorLineHighlightBorder	editor.lineHighlightBorder
editorLineNumbers	editorLineNumber.foreground
editorLinkForeground	No longer supported
editorMarkerNavigationBackground	editorMarkerNavigation.background
	editorMarkerNavigationError.backgr
editorMarkerNavigationWarning	editorMarkerNavigationWarning.back
editorRangeHighlight	editor.rangeHighlightBackground
editorSelection	editor.selectionBackground
editorSelectionHighlight	editor.selectionHighlightBackgroun

Experimental Id	New Id
editorWhitespaces	editorWhitespace.foreground
editorWordHighlight	editor.wordHighlightBackground
editorWordHighlightStrong	editor.wordHighlightStrongBackground
focusedElementOutline	focusBorder
foreground	foreground
highContrastBorder	contrastBorder
highContrastOutline	contrastActiveBorder
inactiveTabActiveGroupForeground	tab.inactiveForeground
inactiveTabBackground	tab.inactiveBackground
inactiveTabInactiveGroupForegroun	<u> </u>
inputBoxActiveOptionBorder	inputOption.activeBorder
inputBoxBackground	input.background
inputBoxBorder	input.background input.border
inputBoxForeground	input.foreground
panelActiveTitleBorder	panelTitle.activeBorder
panelActiveTitleForeground	panelTitle.activeBorder panelTitle.activeForeground
panelBackground	panel.background
panelInactiveTitleForeground	panelTitle.inactiveForeground
panelTopBorder	panel.border
peekViewBorder	peekView.border
-	-
peekViewEditorBackground	peekViewEditor.background
peekViewEditorMatchHighlight peekViewResultsBackground	peekViewEditor.matchHighlightBackgrou
peekViewResultsFileForeground	<pre>peekViewResult.background peekViewResult.fileForeground</pre>
=	= = = = = = = = = = = = = = = = = = = =
peekViewResultsMatchForeground	peekViewResult.lineForeground
peekViewResultsMatchHighlight	peekViewResult.matchHighlightBackgrou
	dpeekViewResult.selectionBackground
-	dpeekViewResult.selectionForeground
peekViewTitle	peekViewTitleLabel.foreground
peekViewTitleBackground	peekViewTitle.background
peekViewTitleInfo	peekViewTitleDescription.foreground
sideBarBackground	sideBar.background
sideBarTitleForeground	sideBarTitle.foreground
statusBarBackground	statusBar.background
statusBarDebuggingBackground	statusBar.debuggingBackground
statusBarForeground	statusBar.foreground
statusBarInfoItemBackground	statusBarItem.prominentBackground
statusBarInfoItemHoverBackground	statusBarItem.prominentHoverBackgroun
statusBarItemActiveBackground	statusBarItem.activeBackground
statusBarItemHoverBackground	statusBarItem.hoverBackground
statusBarNoFolderBackground	statusBar.noFolderBackground
tabBorder	tab.border
tabsContainerBackground	editorGroupHeader.tabsBackground
terminalAnsiBlack	terminal.ansiBlack

Experimental Id	New Id
terminalAnsiBlue	terminal.ansiBlue
terminalAnsiBrightBlack	terminal.ansiBrightBlack
terminalAnsiBrightBlue	terminal.ansiBrightBlue
terminalAnsiBrightCyan	terminal.ansiBrightCyan
terminalAnsiBrightGreen	terminal.ansiBrightGreen
terminalAnsiBrightMagenta	${\tt terminal.ansiBrightMagenta}$
terminalAnsiBrightRed	terminal.ansiBrightRed
terminalAnsiBrightWhite	terminal.ansiBrightWhite
terminalAnsiBrightYellow	terminal.ansiBrightYellow
terminalAnsiCyan	terminal.ansiCyan
terminalAnsiGreen	terminal.ansiGreen
terminalAnsiMagenta	terminal.ansiMagenta
terminalAnsiRed	terminal.ansiRed
terminalAnsiWhite	terminal.ansiWhite
terminalAnsiYellow	terminal.ansiYellow
titleBarActiveBackground	titleBar.activeBackground
titleBarActiveForeground	titleBar.activeForeground
titleBarInactiveBackground	titleBar.inactiveBackground
titleBarInactiveForeground	titleBar.inactiveForeground