

# Macrobiotica America

David and Cynthia Briscoe

## Summary of Foods to Avoid on a Self-Healing Macrobiotic Diet Part One

### ANIMAL PRODUCTS

Beef  
Lamb  
Pork (ham, bacon, sausage, etc)  
Poultry (chicken, turkey, etc.)  
Wild Game  
Eggs

### DAIRY FOODS

Cheese  
Butter  
Milk (buttermilk, skim milk)  
Yogurt (including soy yogurt)  
Kefir  
Ice Cream  
Cream  
Sour Cream  
Whipped Cream  
All other milk products  
All foods with milk products in  
the ingredients  
All soy dairy substitutes

### FISH

Red meat or  
blue-skinned  
fish:  
Tuna  
Salmon  
Sword Fish  
Blue Fish

### SEAFOOD

Shrimp  
Lobster  
Oysters  
Clams  
All other shellfish

### PROCESSED FOODS

Instant food  
Canned food  
Frozen food  
Refined (white) flour  
Polished (white) rice  
Chewing gum  
Foods processed with:  
Chemicals  
Preservatives  
Additives  
Stabilizers  
Emulsifiers  
Artificial coloring  
Sprayed or dyed foods  
Genetically engineered foods  
Irradiated foods  
Boxed, canned and frozen foods

### SWEETENERS

Sugar (white, raw, brown,  
turbinado, etc.)  
Artificial sweeteners: Sweet n'  
Low, Nutri-Sweet, etc.  
Sucanat  
Stevia  
Honey  
Molasses  
Corn syrup  
High-fructose corn syrup  
Evaporated cane juice  
Cane juice, cane syrup  
Pineapple concentrate  
Other fruit concentrates  
Agave nectar  
Rapudra  
Date sugar  
Beet sugar  
Fructose powder  
Maple syrup  
Carob syrup  
Chocolate  
Carob  
Sorghum  
All other concentrated or refined  
sugars and sweeteners, natural or  
artificial

### STIMULANTS

Spices (cayenne, peppers, cumin, curry, etc.)  
Salsa  
Garlic  
Coffee  
Chai  
Black tea  
Green tea  
Commercially dyed teas  
Stimulating aromatic teas (herb, mint, ginseng,  
etc.)  
Instant grain coffee sweetened with  
date sugar, beet sugar or other refined sweeteners  
(Pero, Cafix, etc.)

### FATS

Lard, shortening and all animal fats  
Soy margarine  
Other margarine  
Coconut oil  
Canola oil  
Palm oil  
Soybean oil  
Flax oil  
Peanut Butter  
Other nut butters  
Tahini  
Refined, chemically processed vegetable oils  
Omega 3 oil capsules and supplements

### NUTS

Brazil  
Cashew  
Pistachio  
Hazelnut  
Macademia  
Fibert  
Walnuts  
Almonds  
Peanuts  
All other nuts

### SEEDS

Flax  
Hemp  
Chia  
Sunflower  
Poppy

# Macrobiotics America

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## Summary of Foods to Avoid on a Healing-focused Diet Part Two

### TROPICAL FRUITS & JUICES

Avocado  
Bananas  
Pineapple  
Grapefruit  
Mangoes  
Oranges  
Papaya  
Kiwi  
Figs  
Dates  
Prunes  
Coconut  
Plantain  
All other tropical fruits  
All fruit juices  
All vegetable juices  
V8

### VEGETABLES

Asparagus  
Artichoke  
Jerusalem artichoke  
Bamboo shoots  
Beets  
Curly dock  
Fennel  
Ferns  
Spinach  
Rhubarb  
Swiss chard  
Okra  
Purslane  
Shepherd's purse  
Sorrel  
Eggplant  
Green and red pepper  
Zucchini  
Tomato  
Potato (Idaho, Russet, etc.)  
Taro (albi)

To learn why foods listed here are to be avoided on a self-healing macrobiotic diet, study with experienced macrobiotic teachers is suggested.

Not all foods listed will need to be avoided by everyone. Guidance from an experienced macrobiotic counselor can help you best learn which foods to specifically avoid for your personal condition.

### BEVERAGES

Soft drinks (colas, diet colas, 7-Up, Sprite, etc.)  
Alcoholic drinks (beer, wine, etc.)  
Fructose-sweetened drinks  
Snapple, Sobee, Gatorade, other "sports drinks"  
All carbonated drinks  
Cane juice sweetened drinks such as Ginger Brew  
Honey sweetened drinks  
Soy milk  
Rice milk drinks  
Almond milk  
Oat milk  
All other nut and grain milks  
All iced or cold drinks  
All drinks with artificial ingredients  
Herbal teas

### FROZEN FOODS

Ice Cream  
Sherbet  
Frozen Yogurt  
Frozen Custard  
Rice Dream  
Tofutti  
Soy Dream  
Soy Delicious  
Sorbet  
Frozen vegetables and fruits  
Frozen dinners  
All other frozen foods

### OTHER:

Texturized soy protein (Loma Linda brand, etc.)  
Power bars  
Spirulina  
Green Magma with dextrose  
Blue-green algae  
All other "green drinks"  
All foods manufactured with dextrose  
Vitamin and mineral supplements, including coral calcium  
Shark cartilage  
Protein powders  
Baked flour products (bread, crackers, chips, cakes, cookies, muffins, tortillas, chapatis, flat bread, etc.)  
Pasta made with white flour  
Overuse of salty foods and seasonings  
Cold cereal with milk, soy milk, etc.  
Culinary herbs (rosemary, sage, thyme, etc.)  
Vinegar (distilled)  
Apple cider vinegar  
Ensure and other "nutrition drinks"  
Baking powder, baking soda, yeasted bakery goods