



Taoist Cultural Arts Association

太極拳

Chang Ming - Taoist Long Life Diet

Taoist eating and drinking recommendations for constant good health

Increase your consumption of these foods :

Whole grains: Wholemeal bread, Brown rice, Barley, Oats, Buckwheat, Rye, Maize, Millet, Quinoa, Anything made with Wholegrain flour: Pasta and Noodles; Biscuits; Cakes; Shredded Wheat; Muesli. Fresh locally grown vegetables in season, organic if possible, steamed or stir fried is best. Vegetarian food such as: Beans; Nuts and Seeds (roasted); Soya Bean curd (Tofu) Free range white meat such as Chicken or Turkey; eggs; non fatty white fish or Seafood. Soya Milk, Rice Milk, Skimmed Milk, Soya Yoghurt, Low fat yoghurt, Low fat vegetarian cheese. Seaweed: Nori; Kelp. Natural Soya sauce: Tamari or Shoyu, Unhydrogenated vegetable cooking oils. Fruit which is locally grown and in season preferably cooked or dried: Dates, Sultanas, Raisins, Figs, Apple, Strawberries. Sea salt only, in strict moderation, or Gomasio: sesame seeds and sea salt as a condiment. Herbs, herbal teas and coffees, Caro, Barleycup, China Tea: Green or Black. Honey, in moderation.

Reduce your intake of these:

White bread, White flour, White rice, Refined or Processed foods, Tinned and Packet foods. Chemical additives, Colourings, Preservatives, Flavourings, Fruit acids, (always read the label). Red meat: Beef, Pork, Veal, Lamb, Bacon, Sausages, Meat products or extracts. Red or blue fish: Tuna, Salmon, Mackerel, Swordfish, scavengers such as Crab. Poultry or fish that is high in fat: Duck, Goose, Haddock. Boiled, fried or poached eggs. Scrambled or in omelettes is better, or in baking. Dairy products: Cream, Full fat milk, Cheese, Butter, Lard, Dripping, or any other animal fat products. Alcohol, Tobacco, Coffee, Sugar, Sweets, Chocolate, Drugs, Artificial vitamins, supplements Spices, Pepper, Mustard, Curry, Vinegar, Pickles, Rock Salt. Nightshades: Potato, Tomato, Aubergines. (Contain solanine toxin) Rhubarb and Spinach (high in Oxalic acid). Ice cold food and drink: Ice Cream, Fizzy drinks etc, Raw and uncooked food. Fresh fruit which is out of season or imported from a different climate, Tropical fruit drinks. Deep fried food. Grilled, Braised, Roasted or Stir fried food is better.

Always remember:-

Fresh, organic, locally grown, seasonal wholefoods are best. Avoid cold food and cold drinks. Cold baths, showers or swimming in cold water. Reduce your fluid intake as much as possible, avoid drinking before a meal. These basic guidelines are only meant to be followed in consultation with your teacher. If you have a health problem always consult your doctor before changing your diet.

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