

# 葛森食物清單 (共 3 頁)



好的食物

葛森療法 香港支援站  
The Gerson Therapy

Asparagus	蘆筍	Mango	芒果
Apples	蘋果	Melons	瓜
Apricots	杏	Oatmeal	燕麥
Artichoke	朝鮮薊 / 亞枝竹	Onions	洋葱
Arugula	芝麻菜	Oranges*	橙*
Beets and tops	紅菜頭及紅菜頭葉	Parsley and parsley root	歐芹 / 洋芫荽及根
Broccoli	西蘭花	Peaches	水蜜桃
Brown sugar	黃糖	Pears	啤梨
Horseradish (grated, not bottled)	辣根 (要鮮磨, 不要樽裝)	Pepper, green and red Bell pepper	青椒, 紅椒
Cabbage, red & leaves (smaller quantities - gas producing)	椰菜, 紫椰菜 (少量, 因會令身體產氣)	Plums	布林
		Potatoes	薯仔
Carrots	紅蘿蔔	Radishes (not the leaves)	白蘿蔔, 櫻桃蘿蔔 (不吃葉)
Cauliflower	椰菜花	Raw fruit	生果
Celery knob or stalks	西芹頭及莖	Rhubarb	大黃
Chards, all kinds	蒼蘆菜 / 葉用甜菜 / 牛皮菜 / 豬嘔菜 (所有種類)	Rice brown (if allowed)	糙米 (如批准)
Cherries	車厘子	Romaine	羅馬生菜
Chicory	菊苣 / 苦苣 / 苦菜	Rye bread (unsalted, non-fat)	黑麥麵包 / 裸麥麵包 / 黑麵包 (無鹽, 無油)
Cilantro	芫荽		
Corn (ONLY if allowed by physician)	粟米 (要醫生批准)	Spices (small amounts only): allspice, anise, bay leaves, coriander, dill fennel, mace, marjoram, rosemary, sage, saffron, tarragon, thyme, sorrel, summer savory	香料 (只可用少量): 牙買加胡椒, 八角, 月桂葉, 芫荽, 蒔蘿, 茴香, 肉豆蔻皮, 墨角蘭, 迷迭香, 鼠尾草, 番紅花, 龍蒿, 百里香, 酸模, 夏香薄荷)
Currants	加侖子	Spinach (cooked only)	菠菜 (只可熟食)
Eggplant	矮瓜		
Endives	苦苣 / 苦菊	Squash	南瓜
Escarole	苦苣 / 苦菊		
Flax oil (organic, not high lignan)	亞麻籽油 (有機, 不要高木酚素)	Sweet potatoes	蕃薯
		Swiss chard	蒼蘆菜 / 葉用甜菜 / 牛皮菜 / 豬嘔菜
Fruit dried unsulphured as raisins, peaches, dates, figs, apricots and prunes (stewed or pre-soaked only)	沒有經硫化的乾果 (提子乾, 桃乾, 蜜棗, 無花果乾, 杏脯乾, 西梅乾) (只可吃已燉過或浸泡過的)	Tangerines	柑
		Tomato	蕃茄
		Vegetables (except mushrooms, leaves of: carrots, radishes, spinach and mustard green)	蔬菜 (菇類, 紅蘿蔔葉, 白蘿蔔葉, 櫻桃蘿蔔葉, 菠菜葉, 芥菜除外)
Fruits fresh (except all berries and pineapple)	新鮮生果 (所有莓類及菠蘿除外)	Vinegar (wine or cider)	醋 (紅酒醋或蘋果醋)
Garlic	蒜	Watercress	西洋菜
Grapefruit*	西柚*	Yams	山藥 / 淮山
Green beans	四季豆	Yogurt, non-fat, organic Horizon, Brown Cow, 7 Stars (after the sixth week on the Gerson Therapy or as allowed by the physician)	有機零脂肪乳酪 (Horizon, Brown Cow, 7 Stars) (進行葛森療法六星期後, 或經醫生批准方可食用)
Honey	蜜糖		
Juices, freshly pressed, as prescribed	鮮榨蔬果汁 (根據醫生建議)		
Kale	羽衣甘藍		
Leeks	京蔥	Zucchini	翠肉瓜 / 夏南瓜
Lemons*	檸檬*		
Lettuce	生菜		

\* Patients with collagen related illnesses must avoid citrus juices and fruits. For all others, citrus juice is optional. Only one citrus juice a day is allowed and may be replaced for a carrot and apple juice.

\* 患有膠原蛋白有關疾病的病人不可攝取柑橘類果汁或生果。其他病人則可自行選擇是否進食柑橘類。每日最多可飲一杯柑橘類果汁，可用來取代其中一杯紅汁。



### 偶爾可吃的食物

Sweeteners: maple syrup (grade B) or honey or raw brown sugar or unrefined blackstrap molasses may be used at 1-2 teaspoons a day maximum. 甜味劑: 楓樹糖漿(B級) / 蜜糖 / 未加工的黃糖 / 沒有精製過的黑糖蜜 – 1日最多 1-2 茶匙

Quinoa – once a week (Note: Arsenic has been found in rice and at the present time, we have stopped recommending it) 藜麥 – 1 星期 1 次 (註: 由於在米中發現砷, 現已不建議食用)

Yams and sweet potatoes – once a week 山藥 / 淮山 和 蕃薯 – 1 星期 1 次

Banana – ½ a week 香蕉 – 1 星期半隻

Organic popcorn – a holiday treat only 有機爆谷 – 大時大節偶一為之



## 禁止的食物

Alcohol	酒	Ice cream	雪糕
Animal fats	動物脂肪	Legume-based food products	豆類製品
Avocados	牛油果	Manufactured (processed) foods	加工食品
Baking soda	蘇打粉	Margarine or oil based spreads	人造牛油及其他含油的醬
Berries	莓	Meats	肉
Bicarbonate of soda in food, toothpaste or gargle	食物, 牙膏或漱口水中 的碳酸氫鈉	Mushrooms	菇
Black tea and other non-herbal teas	紅茶和其他非花草茶	Mustard	芥末
Bottled	樽裝食物/飲品	Nut butters and any other source of dietary fats	堅果醬及其他食用脂肪
Butter	牛油	Nuts and seeds	堅果及種籽類
Cake	蛋糕	Oils and fats, and any foods that contain them. This includes corn oil, olive oil, canola oil, vegetable oil except flaxseed oil, as specifically prescribed	油及脂肪, 一切含油及脂肪的食物。包括粟米油, 欖橄油, 芥花油, 菜油 (亞麻籽油除外, 請參考用法指引)
Candy	糖果		
Canned	罐裝食物/飲品		
Cheese	芝士	Pineapples	菠蘿
Chocolate	朱古力	Preserved; refined, salted, smoked, and sulfured foods	經防腐的食物: 精製, 鹽醃, 煙燻, 硫化
Cocoa	可可	Protein powders or supplements, including barley or algae based powders	蛋白粉或補充劑, 包括大麥粉或藻類粉
Coconuts	椰子		
Coffee as a regular beverage	飲用咖啡	Salt, table salt, sea salt, celery salt, vegetable salt, Bragg Aminos, tamari, soy sauce, "lite salt" or salt substitutes	鹽, 餐桌鹽, 海鹽, 芹鹽, 菜鹽, Bragg Aminos 醬油, 豉油, 低鈉鹽或其他鹽的代用品
Commercial beverages	市面上賣的飲料		
Cream	忌廉	Seafood, and other animals	海鮮及其他動物
Cream and other dairy fats	奶類脂肪	Soy and soy products	黃豆及黃豆製品
Cucumbers	青瓜	Spices, pepper, paprika, basil and oregano	香料, 黑椒, 辣椒粉, 羅勒, 牛至
Epson salts, sodium-based baking powders, and anything with "sodium" in its name	瀉鹽, 所有含鈉的產品	Spinach (raw) (allowed cooked only)	生菠菜 (可吃熟菠菜)
Frozen foods	急凍/雪藏食物 氫化油	Sprouted alfalfa and other bean or seed sprouts	苜蓿芽及其他芽菜
Hydrogenated or partially hydrogenated oils			
Olean, Olestra or other "fat substitutes"	代油	White flour	白麵粉
		White sugar	白糖

感謝葛友 Tiffany 編製此葛森食物清單 - 2016. 1.8.