NYUNGNE FOOD PREPARATION GUIDELINES

You are performing meritorious service to the dharma and your own spiritual life by helping others practice the Nyungne. Making appropriate and auspicious food is of great benefit.

Because the Nyungne is primarily a purification practice, the types of food served during the retreat are restricted to those thought of as being “pure” or “white” foods.

This determination is made following centuries-old guidelines not readily comparable to modern nutritional ideas. In other words, the rules may not make sense in some systems of eating, but it’s extremely important that they be followed.

Here, then, are lists of FOODS TO USE and FOODS TO AVOID

**FOODS TO AVOID**
(also called “black” foods because they affect the pure power of the mind.)

Onion  
Radish  
Turnip  
Garlic  
Eggs  
Meat  
Fish  
Beans  
Chives, Leeks and Horseradish

**FOODS TO USE**
(called “white” foods because they promote good meditation and the pure power of the mind)

Fruit  
Vegetables  
Wheat  
Rice  
Milk  
Cheese  
Butter

**SOME POSSIBLE DISHES:**
Macaroni and cheese and variations, no-meat (and no-garlic) spaghetti or lasagna, rice and vegetables, fruit or vegetable salads.