# the standard macrobiotic diet

# whole grains 50-60%

# soups 5%

# vegetables 25-30%

#### regularly:

brown rice barley millet com whole wheat whole cats. myre buckwheat

#### occasionally:

quinoa

etc.

sweet brown rice whole grain noodles unleavened whole wheat bread cracked bulghur steel-cut oats rolled oats com meal COUSCOUS

miso soup tamari broth



#### regularly:

kale watercress collard greens chinese cabbage scallions broccoli casuliflower cabbage onions squash carrots turnips dalkon lotus root burdock etc.

#### occasionally

celery chives cucumber mushrooms lettuce peas string beans etc.

# beans

etc.

#### regularly: azuki beans

chickpeas lientills:

black soybeans

#### occasionally:

soybeans kidney beans pinto beans whole dried peas lima beans

bean/wheat products such as: seitan, tofu. dried tofu. natto, etc.

# sea vegetables

kombu wakame non Initziki. arame

duise

irish moss agar agar mekabu etc.

#### additional foods white meat fish.

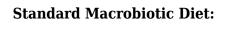
roasted seeds / nuts, beverages, grain sweeteners (such as barley malt or rice syrup). dried/fresh fruit, home made pickles, etc.

beans & sea vegetables 5-10%

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# **Standard Macrobiotic Diet**

Shasha Hu



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