

# the standard macrobiotic diet

## whole grains 50-60%

### regularly:

brown rice  
barley  
millet  
corn  
whole wheat  
whole oats  
rye  
buckwheat  
quinoa  
etc.

### occasionally:

sweet brown rice  
whole grain noodles  
unleavened  
whole wheat bread  
cracked bulghur  
steel-cut oats  
rolled oats  
corn meal  
couscous  
etc.

## soups 5%

miso soup  
tamari broth

## vegetables 25-30%

### regularly:

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

### occasionally

celery  
chives  
cucumber  
mushrooms  
lettuce  
peas  
string beans  
etc.

## sea vegetables

kombu  
wakame  
nori  
hiziki  
arame  
dulse

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%

## beans

### regularly:

azuki beans  
chickpeas  
lentils  
black soybeans

### occasionally:

soybeans  
kidney beans  
pinto beans  
whole dried peas  
lima beans

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

# Standard Macrobiotic Diet

**Shasha Hu**



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