

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.

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.

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%



Standard Macrobiotic Diet

Scott C. Dulebohn



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