The Macrobiotic Diet: Foods You Can and Can't Eat While on the Diet

Here's the complete list of all the approved foods you can eat and can't eat on the Macrobiotic Diet.



APPROVED FOODS YOU CAN EAT ON THE MACROBIOTIC DIET

60% OF YOU DAILY INTAKE SHOULD BE GRAINS

- [ ] Bulger wheat
- [ ] Buckwheat
- [ ] Brown rice
- [ ] Quinoa
- [ ] Wild rice

30% OF YOUR DAILY INTAKE SHOULD BE VEGETABLES

- [ ] Bok choy
- [ ] Broccoli
- [ ] Carrots
- [ ] Cauliflower
- [ ] Green cabbage
- [ ] Kale
- [ ] Onion

- [ ] Parsley
- [ ] Pumpkin
- [ ] Radishes

10% OF YOUR DAILY INTAKE SHOULD BE BEANS AND SOY

- [ ] Beans
- [ ] Pickles
- [ ] Miso
- [ ] Natural seasonings (sea salt)
- [ ] Seaweed (or other sea vegetables)
- [ ] Soy
- [ ] Vegetable oil

FOODS NOT TO EAT AND DRINKS TO AVOID ON THE MACROBIOTIC DIET

- [ ] Alcohol
- [ ] Artificial foods
- [ ] Caffeinated beverages (coffee and soda)
- [ ] Foods that are hot and spicy
- [ ] Garlic
- [ ] Mangos (all tropical fruits)
- [ ] Molasses
- [ ] Peppers
- [ ] Pineapples (all tropical fruits)
- [ ] Potatoes
- [ ] Pork
- [ ] Processed foods (cakes and cookies)
- [ ] Seasonings
- [ ] Sodas (include diet and regular)
- [ ] Sugars (processed foods and foods with sugar and corn syrup)
- [ ] Tomatoes

THESE FOODS ARE LIMITED TO JUST A FEW TIMES PER MONTH

- [ ] Berries
- [ ] Celery
- [ ] Cucumbers
- [ ] Lettuce
- [ ] Nuts
- [ ] Organic tree fruits
- [ ] Seeds
- [ ] Seasonal local foods
- [ ] Fish and seafood

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