

# 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 YOUR 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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