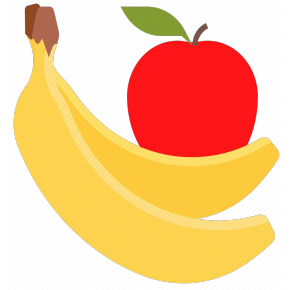


Macrobiotic Eating



BRIEF OVERVIEW

The macrobiotic diet is a strict diet that aims to reduce **toxins**

- Macro = large
- Bio = life

Involves choosing organic, locally grown, unprocessed and seasonal produce

RECOMMENDED FOODS

WHOLE GRAINS

- Brown Rice, Barley, Oats, Buckwheat

FRUITS/VEGETABLES

- Apples, Bananas, Broccoli, Carrots

BEANS

- Tofu, Miso, Tempeh, Seaweed

FOODS TO AVOID

PROCESSED FOODS

- Fried Chicken, Cheese, Donuts

ANIMAL PRODUCTS

- Meat, Dairy, Eggs

FRUITS/VEGETABLES

- Mangoes, Pineapple, Oranges, Kiwi (tropical fruits); potatoes, eggplant, tomatoes, peppers

HEALTH BENEFITS/CONSIDERATIONS

ANTI-INFLAMMATORY EFFECTS

- May reduce inflammation & decrease chronic diseases

TYPE II DIABETES

- May improve blood sugar control

HEART HEALTH

- Lowers cholesterol

ALWAYS ASK YOUR DOCTOR FIRST!



FINAL NOTE

MACROBIOTIC EATING can be a great choice, but do what's right for you and make sure your body is getting the nutrients YOU need!

THANK YOU!

