




Whole grains




Beans and soy

MAIN FOOD GROUPS OF THE MACROBIOTIC DIET



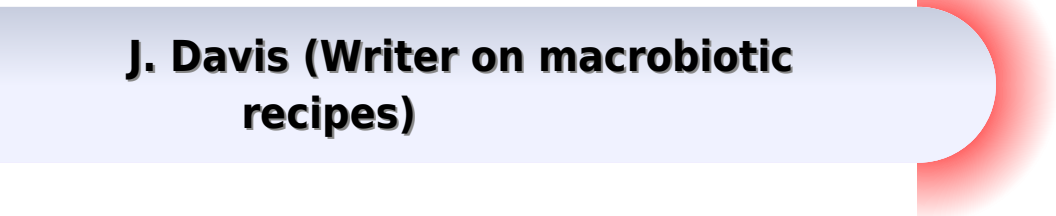
Seaweed



Vegetables

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**J. Davis (Writer on macrobiotic
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