1) Eat mainly unpolished whole grain cereals--
brown rice, wheat, buckwheat, millet, oats, rye, barley,
and corn--because polishing removes the valuable
vitamin $B_1$ (Thiamine).
However, because all these whole grain cereals
are deficient in the amino acid Lysine (although
somewhat rich in Methionine) they should be eaten
together with any one of the following grain legumes,
or pulses, at the same meal:
soybeans, chickpeas, lentils, peas, peanuts, lima beans,
or any other dried bean.
All of these grain legumes are rich in Lysine
in varying degrees, and somewhat deficient in Methionine,
making them a natural complement to the cereals
either in cooked dishes or cold salads.
Because cereals and legumes form your chief source
of protein and calories, some of you may recognize
the similarity of this diet to Zen Macrobiotics.
However, there are critical differences:
Macrobiotics ranks foods on a scale of yin to yang
purely on an empirical, trial-and-error basis.
Coincidentally, the yin-yang scale seems to correspond
to the amino acid balance as far as proteins are concerned.
Macrobiotics puts whole brown rice at the ideal
perfect balance point between yin and yang and corn
as the most yin of the cereals.
Analogously, the reports of the Food and Agriculture
Organization of the U.N. describe rice as having
the proportion of amino acids so balanced that it is
one of the few plant proteins, analogous to eggs,
that can be used as the sole source of protein; whereas,
corn, the F.A.O. says, is least able to and therefore
needs supplementation because of an excess
of the amino acid Leucine
and a marked deficiency in Tryptophan.
This characteristic is also reflected in the chart
of Protein Efficiency Ratios (P.E.R.) shown later.
Nevertheless, Macrobiotics ignores the critical
"all or none" requirement that all the amino acids
necessary for protein synthesis must be present
in balance at the same time or a food's protein value
will be drastically reduced to that of the most deficient
amino acid.
As noted above, in conclusion, this difficulty can be
overcome by the complementary combination of cereal
and legume protein at the same meal.



2) Eat lots of raw vegetables and fruits
that are unsprayed and preferably "organically" grown
(although "organically" does not necessarily insure
the use of a balanced fertilizer or less harm to the
environment).
Fruits and vegetables will be your main source
of certain vitamins and minerals.
Since cooking breaks down a great part of vitamins,
it is best to have them in raw salads.
Vitamins C, A, and $B_2$(Riboflavin) seem to be
the "controlling" vitamins.
If you get these in your diet, you will probably also
get the minor vitamins, although it has been claimed
that you can only get vitamin $B_{12}$ from eggs or
milk products.

Vitamin C for a day can be provided by eating
approximately one of the following servings:
1/2 grapefruit, 2 small oranges, 1 green pepper,
2/3 cup Papaya, or 3 raw tomatoes.
Two green peppers, 3 tomatoes, or 1 canteloupe will
also supply your vitamin A needs for a day.

Vitamin A needs for a day can be provided by eating
approximately one of the following servings:
5 raw apricots, four 5" stalks of broccoli (also rich
in $B_2$), 1 medium carrot, 1/2 medium sweet potato,
or a 100 gram serving of either endive, collards, kale,
mustard greens, or spinach(also rich in $B_2$).
If eaten raw, endive, collards, kale, mustard greens,
or spinach are also sufficient for your daily Vit. C.

Vitamin D is created within you just by getting
enough sunlight.

Vitamin $B_2$ (Riboflavin) needs can be met by the darkest
green vegetables and the legumes, both of which are
also rich in Iron. Nuts and milk and cheese also
are rich in $B_2$. A good serving of either of these
two food groups--green vegetables and legumes
or nuts and dairy products--supplies your daily need
when combined with the smaller contributions
from other foods.