

Abstract:

Subject: Macrobiotic - full-valued form of nutrition?

Objective: Evaluation of macrobiotics as full compensation for conventional diets recommended by the Presidium of the Board of the Society for Nutrition based on the theoretical approaches and empirical findings.

Characteristics of the ingredients and nutritional analysis in terms of the impact on physical and mental condition of the human organism.

Method: Objectives of the thesis was achieved using method of quotas to select research sample. On the basis of established criteria and defined number of representatives for the sample, were selected only those individuals who meet these criteria. Macrobiotic menus were analyzed at three men and at free women. The data obtained via measurements were compared with recommended daily dose. This model was chosen as it was the most recent vision of the diet model.

Results: Macrobiotic diet represents full-fledged alternative form of nutrition, based on research carried out. This conclusion is based on research conducted with free men and free women who provided weekly menus for analysis purpose and conversion to these menus to the nutritional value was sufficiently proved.

Based on the outcome of the research, it was found that macrobiotics can not be regarded as nutrition offering full energy, as its basic principle lies in the low-energy diet, as human organism does not need energy commonly considered as necessary.

Comparing the diets of men and women, it was concluded that the composition and diversity of the food is the same what enables to create universal example of a diet that is possible after a certain period of time to adjust according to personal needs of the individual.

Keywords: Macrobiotics, principles JIN, JANG, lifestyle, vegetable diet, cooking energy,