

The Vegan Food Guide

| Vegan Food Groups | Include at least 6 to 8 servings per day of these calcium-rich foods |
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| <p>Whole grains and starchy vegetables: 5 or more servings</p> <p>A serving is ½ cup cooked cereal, pasta, rice, or other grain, 1 ounce ready to eat cereal, 1 slice bread, one 6-inch corn tortilla, ½ cup white or sweet potato or corn.</p> | 1 ounce calcium-fortified cereal |
| Refined grains like regular pasta fit into this group as well. It's a good idea to choose mostly whole grains. | |
| <p>Legumes and soyfoods: 3 to 4 or more servings</p> <p>A serving is ½ cup cooked beans, tofu, tempeh, 1 ounce veggie meat, 1 cup fortified soymilk, ¾ cup fortified soy yogurt, 2 tablespoons peanut butter, ¼ cup peanuts, or ¼ cup soynuts.</p> | ½ cup tempeh, calcium-set tofu, or soybeans; ¼ cup soynuts; ¾ cup fortified soy yogurt; or 1 cup fortified soymilk (in this case, 1 serving of soymilk which is 1 cup, equals 2 servings of a calcium-rich food). |
| <p>Nuts and seeds: 1 to 2 servings</p> <p>A serving is ¼ cup whole nuts, 2 tablespoons seeds, or 2 tablespoons nut or seed butter</p> | ¼ cup almonds or 2 tablespoons almond butter, tahini. |
| <p>Vegetables: 5 servings or more</p> <p>A serving is ½ cup cooked vegetable, 1 cup raw vegetable, ½ cup vegetable juice</p> | ½ cup cooked or raw bok choy, broccoli, collard greens, Chinese cabbage, kale, mustard greens, okra, ½ cup calcium-fortified vegetable juice |
| Aim for a variety of leafy greens and bright yellow and orange vegetables. | |
| <p>Fruits: 2 or more servings</p> <p>A serving is 1 medium fresh fruit, ½ cup cooked or cut-up fruit, ½ cup fruit juice, ¼ cup dried fruit</p> | ½ cup calcium-fortified fruit juice, ¼ cup dried figs, 2 navel oranges |
| Include good sources of vitamin C, such as citrus fruits, cantaloupe, kiwifruit, papaya, and mangos with meals to increase absorption of iron. | |
| <p>Fats</p> <p>2 servings</p> <p>A serving is 1 teaspoon vegetable oil or soft margarine</p> | |

Vitamin B12:

- Two servings per day of fortified foods providing 1.5 to 2.5 micrograms of vitamin B12 per serving OR
- 25 to 100 micrograms per day from a chewable or sublingual supplement OR
- 1,000 micrograms twice per week from a chewable or sublingual supplement

Iodine

- 75 to 150 micrograms three to four days per week (or ¼ teaspoon of iodized salt per day)

Vitamin D:

- 1,000 IU (25 micrograms) per day unless you are certain you are getting adequate sun exposure

Omega-3 Fats

- **DHA:** A supplement providing 200 to 300 micrograms (of DHA or DHA plus EPA combined) from algae every two to three days (or every day for people over sixty)
- **Alpha-linolenic acid:** Be sure that your diet includes three to four servings per day from the following list:

- 1 teaspoon canola oil
- ¼ teaspoon flaxseed oil
- 2/3 teaspoon hempseed oil
- 1 teaspoon walnut oil
- 2 teaspoons ground English walnut or 1 walnut half
- 1 teaspoon ground flaxseeds
- ½ cup soybeans
- 1 cup firm tofu
- 1 cup tempeh
- 2 tablespoons soynuts

From *Vegan for Life: Everything You Need to Know to Be Healthy and Fit on a Plant-Based Diet* by Jack Norris, RD and Virginia Messina, MPH, RD. 2011, Da Capo Press.