

Table 18: Vegan Food Guide

Like any food plan, this should only serve as a general guide for adults. The plan can be modified according to your own personal needs. Individuals with special health needs should consult a registered dietitian or a medical doctor knowledgeable about vegetarian nutrition.

A. PROTEIN FOODS: 5-6 SERVINGS PER DAY (7 FOR PREGNANT WOMEN, 8 FOR WOMEN WHO ARE BREAST-FEEDING)

Note: Each of the following equals one serving.

- 1/2 cup cooked dried beans or peas
- 1/2 cup soybeans*
- 1/2 cup calcium-set tofu** (count as 2 starred food items)
- 1/2 cup tempeh*
- 1 cup calcium-fortified soy milk** (count as 2 starred food items)
- 1/4 cup almonds*, cashews, walnuts, pecans, or peanuts
- 2 Tablespoons peanut butter, tahini*, or almond butter*
- 1 ounce meat analog (burger, dog, deli slices, etc.)
- 1/4 cup soynuts
- 1 cup calcium-fortified soy yogurt** (count as 2 starred food items)

B. WHOLE GRAINS: at least 6-8 SERVINGS PER DAY

Note: Each of the following equals one serving.

- 1 slice whole wheat, rye, or other whole grain bread
- 1/2 whole grain bagel or English muffin
- 1 buckwheat or whole wheat pancake or waffle
- 1 two-inch piece cornbread
- 1 whole grain muffin or biscuit or whole grain tortilla
- 2 Tablespoons wheat germ
- 1 ounce wheat or oat bran
- 1/4 cup sunflower, sesame, or pumpkin seeds
- 3/4 cup wheat, bran, or corn flakes
- 1/2 cup cooked oatmeal or farina
- 1/2 cup cooked brown rice, barley, bulgur, or corn
- 1/2 cup cooked whole wheat noodles, macaroni, or spaghetti

C. VEGETABLES: at least 2-3 SERVINGS PER DAY

1. At least one serving per day of any of the following: 1 cup cooked or 2 cups raw broccoli*, bok choy*, Brussels sprouts, collards*, kale*, mustard greens*, chard, spinach, romaine lettuce, carrots, sweet potatoes, winter squash, or tomatoes.

2. At least one serving per day (one serving equals 1 cup cooked or 2 cups raw) of any other vegetable.

Table 18 continued

D. FRUITS: 2-6 SERVINGS PER DAY

1. At least 2 servings per day of any of the following: 3/4 cup berries, 1/4 cantaloupe, 1 orange, 1/2 grapefruit, 1 lemon or lime, 1/2 papaya, 4-inch x 8-inch watermelon slice; or 1/2 cup orange, grapefruit, calcium-fortified**, or vitamin C enriched juice.

2. Additional servings as desired of other fruits: 1 small piece fresh fruit, 3/4 cup grapes, 1/2 cup cooked fruit or canned fruit without sugar, or 2 Tablespoons raisins, dates, or dried fruit.

E. FATS: 0-4 SERVINGS PER DAY

Note: Each of the following equals one serving.

1 teaspoon vegan soft margarine or oil, 2 teaspoons vegan mayonnaise or salad dressing, 1 Tablespoon soy cream cheese or gravy

F. OMEGA-3 FATS: 3 SERVINGS PER DAY FOR MEN; 2 SERVINGS PER DAY FOR WOMEN

Note: Each of the following equals one serving.

1/4 teaspoon flaxseed oil, 1 teaspoon canola or walnut oil, 2/3 teaspoon hempseed oil, 1 teaspoon ground flaxseed, 2 teaspoons chopped walnuts, 1 Tablespoon peanut butter with flaxseed oil.

G. STARRED (*) FOOD ITEMS INDICATE CALCIUM-RICH FOODS: 8 OR MORE SERVINGS PER DAY; 10 OR MORE SERVINGS FOR THOSE AGE 51 AND OLDER

Note: Also counts as servings from other groups.

H. VITAMIN B12 SOURCES: 2 SERVINGS PER DAY; 3 FOR PREGNANT OR BREAST-FEEDING WOMEN

Note: Each of the following equals one serving.

1 Tablespoon Red Star Vegetarian Support Formula nutritional yeast, 1 cup fortified soy milk, 1 ounce fortified breakfast cereal, 1-1/2 ounces fortified meat analogs. If these foods are not eaten regularly, a vitamin B12 supplement (25-100 micrograms daily or 1000 micrograms twice weekly) should be used.

I. ADDITIONAL COMMENTS

1. Additional servings from one or more food groups may be needed to meet energy needs especially for pregnant and breast-feeding women and physically active people.

2. This meal plan is for vegan adults. Meal plans for children can be found on page 193.