

Vegetarian Food Guide

Aim for an hour of daily physical activity

Eat a variety of foods from each of the food groups

Limit intake of concentrated fats, oils, and added sugar, if used

Drink 6-8 glasses of water and other fluids each day



Grains
5-12 servings

Vegetables and Fruits
5 servings or more

Milks and Alternates
6-8 servings

Beans and Alternates
2-3 servings

Other Essentials

A Guide to Daily Food Choices

The ranges in servings allow for differences in body size, activity levels and age.
For example, smaller and less active people need fewer servings; larger, more active people need more.

Food Group <i>Servings per day</i>	What Counts As A Serving?	Important Comments
Grains <i>5-12 servings</i>	1 slice of bread 1 oz (28 g) ready-to-eat cereal ½ cup cooked grains, cereal or pasta 2 Tbsp wheat germ 1 oz (28 g) other grain products	Choose mainly whole grains. <ul style="list-style-type: none"> • Include intact whole grains such as brown rice, quinoa, barley and kamut. • Enjoy whole grain breads and cereals. • Limit refined grains made of white flour and white rice.
Vegetables and Fruits <i>5 or more servings</i>	½ cup (120 mL) vegetables or fruit 1 cup (240 mL) salad 1 medium apple, banana, orange, pear ½ cup (180 mL) vegetable or fruit juice ¼ cup dried fruit	Eat a wide variety of colorful vegetables and fruits. <ul style="list-style-type: none"> • Include deep green leafy vegetables daily. • Select plenty of carotenoids-rich vegetables daily, including deep orange and yellow vegetables, and greens. • Select vitamin C-rich fruits: citrus fruits, tropical fruits, melons and strawberries.
Milks and Alternates <i>6-8 servings</i>	½ cup (120 mL) fortified soymilk, ½ cup (120 mL) cow's milk or yogurt, ¼ cup (60 mL) firm calcium-set tofu ½ cup (120 mL) calcium-fortified orange juice ¼ cup (60 mL) almonds, 3 Tbsp (45 mL) almond butter 1 cup (240 mL) cooked, or 2 cups (480 mL) raw, of high calcium greens, (kale, collards, Chinese greens, broccoli, okra), 1 cup (240 mL) high calcium beans, (i.e. soy, white, navy, Great Northern, black turtle beans) ¼ cup (60 mL) dry hijiki seaweed, 21 g (.75 oz.) cheese 1 Tbsp (15 mL) blackstrap molasses, 5 figs	Get to know your calcium sources! <ul style="list-style-type: none"> • Include calcium-rich foods with every meal. • Include several small servings of calcium-rich foods through out the day. • For lower calorie choices, pick calcium-rich greens more often. • Select tofu made with calcium. • Each serving from the calcium group provides 100 to 150 mg calcium.
Beans and Alternates <i>2-3 servings</i>	1 cup (240 mL) cooked legumes (beans, lentils, dried peas), ½ cup (120 mL) firm tofu or tempeh 1 serving veggie "meats" (1 burger or wiener, 2-3 lunch slices), 3 Tbsp (45 mL) nut or seed butter, ¼ cup (60 mL) nuts or seeds, 2 cups (480 mL) soymilk, 2 eggs	For maximum benefit, eat a wide range of these protein-rich foods. <ul style="list-style-type: none"> • Select beans and lentils often for extra fibre. • Include nuts and seeds for a boost of vitamin E and minerals. • Try "veggie meats" for more concentrated protein.
Other Essentials Omega-3 fatty acids <i>1-2 servings</i> Vitamin B12 <i>to meet RDA</i> Vitamin D <i>to meet AI</i>	Omega-3 fatty acids: One Serving = 1 tsp (5 mL) flaxseed oil, 1-1/2 tbsp (22 mL) ground flaxseed, 1 tbsp (15 mL) hempseed oil, 1/4 cup (60 mL) shelled hempseeds, 4 tsp (20 mL) canola oil, 3 tbsp (45 mL) walnuts. Vitamin B12 (cobalamin): Fortified foods, supplements, eggs or dairy products supplying: 2.4 mcg (adults); 2.6-2.8 mcg/day (pregnancy, lactation); 0.9-1.8 mcg/day (children) Vitamin D: Fortified food or supplements supplying 5 mcg/day vitamin D (51-70 yrs: 10 mcg /day; 70+ years: 15 mcg); or sufficient sunshine.	Pay attention to these important nutrients. <ul style="list-style-type: none"> • Add an excellent source of omega-3 fatty acids to your daily diet. Flax is the richest plant source of omega-3 fatty acids. • Whether you use vitamin B12 fortified foods or a supplement, It is absolutely essential that a reliable source of vitamin B12 is included in your daily diet. • If you don't get enough sunshine, use vitamin D fortified beverages or supplements.

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