

# Vegetarian Food Guide

Find out what you need by filling out a Daily Food Plan online at [www.choosemyplate.gov/myplate/index.aspx](http://www.choosemyplate.gov/myplate/index.aspx).

If you are pregnant or breastfeeding, use this Daily Food Plan at [www.choosemyplate.gov/tools.html](http://www.choosemyplate.gov/tools.html).

Food Groups	Quantity Needed/Day	Examples	Nutrition Tip
<b>Protein Foods</b>	_____ ounces	<b>1 ounce=</b> <ul style="list-style-type: none"> <li>• ¼ cup dried beans, peas, or lentils</li> <li>• ½ cup bean, pea, or lentil soup</li> <li>• 1 tablespoon peanut butter</li> <li>• ½ ounce nuts/seeds</li> <li>• ½ soy patty</li> <li>• ¼ cup tofu or tempeh</li> <li>• 1 egg, 2 egg whites, or ¼ cup egg substitute</li> </ul>	Select tofu set with calcium sulfate for a calcium bonus: 1/2-cup can have as much calcium as 1 cup of milk
<b>Dairy</b>	_____ cups	<b>1 cup=</b> <ul style="list-style-type: none"> <li>• 1 cup milk or yogurt</li> <li>• 1 cup unsweetened calcium and vitamin D-fortified soy milk or soy yogurt</li> <li>• 1 ½ ounces natural cheese or 2 ounces processed cheese</li> </ul>	Protect your bones: Calcium-fortified juices, cereals, tofu with calcium sulfate, and calcium-rich plant foods like collard greens can also help meet calcium needs.
<b>Grains</b>	_____ ounces	<b>1 ounce=</b> <ul style="list-style-type: none"> <li>• 1 slice whole grain bread</li> <li>• 1/2 cup cooked pasta or rice</li> <li>• 1 cup of ready-to-eat cereal</li> <li>• 1 small (6") tortilla</li> </ul>	Make half your grains whole! Whole grains provide fiber, vitamins, minerals, and protein.
<b>Vegetables</b>	_____ cups	<b>1 cup=</b> <ul style="list-style-type: none"> <li>• 1 cup of raw or cooked vegetables</li> <li>• 2 cups of raw leafy greens such as lettuce</li> <li>• 1 cup vegetable juice</li> </ul>	Eat plenty of nutrient-rich, dark green, deep red, and yellow-orange vegetables. Vegetables provide fiber, vitamins, and minerals.
<b>Fruits</b>	_____ cups	<b>1 cup=</b> <ul style="list-style-type: none"> <li>• 1 cup of sliced fresh or canned fruit</li> <li>• medium-sized or large piece of fruit</li> <li>• 1 cup 100% juice (diluted)</li> <li>• 1/2 cup dried fruit</li> </ul>	Vitamin C-rich foods like strawberries and a ½ cup of orange juice boost iron absorption from legumes and iron-fortified cereals.
<b>Fats/Oils</b>	_____ teaspoons	<b>1 teaspoon=</b> <ul style="list-style-type: none"> <li>• 1 teaspoon olive oil, vegetable oil, margarine, or butter</li> <li>• 1 teaspoon of mayonnaise-type salad dressing</li> </ul> *avocado is considered a fruit ½ avocado ≈ 3 teaspoons of fat	Eat oils in moderation. When you purchase foods, look for choices that have no trans fats or are reduced in fat.

# Tips for Vegetarians

## Get enough protein

- ◆ Soy milk can be a good substitute for cow's milk, but be sure to check the Nutrition Facts on the food label - some brands are fortified with calcium, but not all are. Some have large amounts of sugar, so look for unsweetened soy drinks.
- ◆ Experiment with soybean products such as tofu, tempeh, textured soy protein, and soy milk in your meal planning.
- ◆ Eat beans, such as black, pinto, and garbanzo beans every day.
- ◆ Eat unsalted nuts and seeds.
- ◆ Choose nonfat or low-fat milk, yogurts and cheeses.
- ◆ Eat tofu or soybean products.
- ◆ Most grains have some protein. Try some quinoa.

## Eat your grains

- ◆ Choose whole grain more than half the time.
- ◆ For variety, try different types of breads, such as bagels, tortillas, pita bread, chapatis, focaccia, and naan.
- ◆ Choose fortified breakfast cereals for added nutrients such as iron, folic acid, Vitamin B<sub>12</sub>, and zinc.

## Vary your veggies

- ◆ Eat plenty of colorful veggies each day.
- ◆ Pick meals and snacks with several different vegetables.
- ◆ Choose vegetables that are good sources of calcium: dark green leafy veggies (kale, mustard, collard, or turnip greens), bok choy, and broccoli. These foods also supply iron.
- ◆ Choose vegetables that are high in Vitamin C, for example, broccoli, tomatoes, and green pepper. Vitamin C helps you absorb the iron in vegetables and eggs.



## Focus on fruits

- ◆ Include plenty of whole fruit each day.
- ◆ Fruits high in Vitamin C include citrus fruits, melons, and berries.
- ◆ Eat fruit for dessert and snacks.
- ◆ When you drink juice, choose 100% fruit juice and dilute it with water. Try calcium-fortified juices, especially if you do not drink milk.

# Smart Choices

Identify the foods you don't eat in the "If I don't eat this..." column and circle the foods you can use to replace them from the "I can choose this..." column. Use this handout as an action plan for change.

If I don't eat this...	I can choose this...	
<p><b>Meat</b></p> <p><b>Fish</b></p> <p><b>Chicken</b></p>	<p>Milk</p> <p>Dairy foods</p> <p>Eggs</p> <p>Eggs substitutes</p> <p>Beans</p> <p>Lentils</p> <p>Peas</p>	<p>Nuts and seeds including peanut butter</p> <p>Fortified, unsweetened soy beverages</p> <p>Soy meat alternatives (veggie burgers)</p> <p>Whole and fortified grains</p>
<p><b>Milk</b></p> <p><b>Cheese</b></p> <p><b>Yogurt</b></p>	<p>Fortified unsweetened soy beverages</p> <p>Calcium fortified juices</p> <p>Kale</p> <p>Broccoli</p> <p>Bok choy</p> <p>Tofu with calcium</p> <p>Oatmeal</p>	<p>Calcium fortified cereal</p> <p>Eggs or egg substitutes</p> <p>Fish</p> <p>Meat</p> <p>Chicken</p> <p>Almonds</p> <p>Sesame seeds</p>

# Vegan Foods with Protein

Food	Amount	Protein (g)	
Lentils, cooked	1 cup	18	
Black beans, cooked	1 cup	15	
Kidney beans, cooked	1 cup	15	
Chickpeas, cooked	1 cup	15	
Pinto beans, cooked	1 cup	15	
Tofu, firm	1 cup	11	
Tofu, regular	1 cup	10	
Tempeh	1 cup	31	
Bagel	1 medium (3.5 oz)	10	
Quinoa, cooked	1 cup	8	
Wild Rice, cooked	1 cup	7	
Peas, cooked	1 cup	8	
Peanut Butter	2 Tbsp	8	
Almond Butter	2 Tbsp	7	
Whole wheat spaghetti, cooked	1 cup	5	
Almonds	¼ cup	8	
Soy milk, commercial, plain	1 cup	7	
Whole wheat bread	2 slices	7	
Soy yogurt, plain	8 ounces	6	
Sunflower seeds	¼ cup	6	
Spinach, cooked	1 cups	3	
Broccoli, cooked	1 cup	4	
Artichoke hearts, cooked	1 cup	5	
Potato, baked	1 small potato	3	

Source: United States Department of Agriculture, Agricultural Research Service. National Nutrient Database for Standard Reference Release 27. Available at <http://ndb.nal.usda.gov/>. Accessed June 2015.