Vegetarian Food Guide

Find out what you need by filling out a Daily Food Plan online at www.choosemyplate.gov/myplate/index.aspx.

If you are pregnant or breastfeeding, use this Daily Food Plan at www.choosemyplate.gov/tools.html.

Food Groups	Quantity Needed/Day	Examples	Nutrition Tip
Protein Foods	_____ **ounces**	**1 ounce=** • ¼ cup dried beans, peas, or lentils • ½ cup bean, pea, or lentil soup • 1 tablespoon peanut butter • ½ ounce nuts/seeds • ½ soy patty • ¼ cup tofu or tempeh • 1 egg, 2 egg whites, or ¼ cup egg substitute	Select tofu set with calcium sulfate for a calcium bonus: 1/2-cup can have as much calcium as 1 cup of milk
Dairy	_____ **cups**	**1 cup=** • 1 cup milk or yogurt • 1 cup unsweetened calcium and vitamin D-fortified soy milk or soy yogurt • 1 ½ ounces natural cheese or 2 ounces processed cheese	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.
Grains	_____ **ounces**	**1 ounce=** • 1 slice whole grain bread • 1/2 cup cooked pasta or rice • 1 cup of ready-to-eat cereal • 1 small (6”) tortilla	Make half your grains whole! Whole grains provide fiber, vitamins, minerals, and protein.
Vegetables	_____ **cups**	**1 cup=** • 1 cup of raw or cooked vegetables • 2 cups of raw leafy greens such as lettuce • 1 cup vegetable juice	Eat plenty of nutrient-rich, dark green, deep red, and yellow-orange vegetables. Vegetables provide fiber, vitamins, and minerals.
Fruits	_____ **cups**	**1 cup=** • 1 cup of sliced fresh or canned fruit • medium-sized or large piece of fruit • 1 cup 100% juice (diluted) • 1/2 cup dried fruit	Vitamin C-rich foods like strawberries and a ½ cup of orange juice boost iron absorption from legumes and iron-fortified cereals.
Fats/Oils	____**teaspoons**	**1 teaspoon=** • 1 teaspoon olive oil, vegetable oil, margarine, or butter • 1 teaspoon of mayonnaise-type salad dressing *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.

© CDPH 2013; Funded by Federal Title V Block Grant through the Maternal, Child and Adolescent Health Division, Center for Family Health