

# PLANT BASED FOODS

Starchy Vegetables	Beans, peas, and lentils	Whole grains	Non-starchy vegetables	Nuts and Seeds	Fruits	Dairy substitutes
<ul style="list-style-type: none"> <li>• Acorn squash</li> <li>• Butternut squash</li> <li>• Beetroot</li> <li>• Carrots</li> <li>• Cassava (yucca),</li> <li>• Corn,</li> <li>• Green Lima Beans</li> <li>• Green Peas,</li> <li>• Parsnips</li> <li>• Plantains,</li> <li>• Potatoes,</li> <li>• Pumpkins</li> <li>• Radish</li> <li>• Taro</li> <li>• Turnip</li> <li>• Sweet potatoes</li> <li>• Sweetcorn</li> <li>• Water Chestnuts</li> <li>• Winter Squash,</li> <li>• Yams,</li> </ul>	<ul style="list-style-type: none"> <li>• Adzuki Beans</li> <li>• Black Beans</li> <li>• Black-Eyed Peas</li> <li>• Butter Beans</li> <li>• Cannellini Beans</li> <li>• Chana Dal</li> <li>• Chickpeas</li> <li>• Dried Split Pea Flakes</li> <li>• Edamame (Green Soybeans);</li> <li>• Fat-Free Vegetarian Refried Beans</li> <li>• French Lentils</li> <li>• Garbanzo</li> <li>• Great Northern, and Adzuki Beans;</li> <li>• Green Split Peas</li> <li>• Hummus</li> <li>• Kidney Beans</li> <li>• Lentils</li> <li>• Lima Beans</li> <li>• Orange Lentils</li> <li>• Pinto Beans</li> <li>• Red Beans</li> <li>• Red Lentils</li> <li>• Soya Beans</li> <li>• Tempeh</li> <li>• Tofu</li> <li>• White Beans</li> <li>• Yellow Split Peas</li> </ul>	<p>Unprocessed:</p> <ul style="list-style-type: none"> <li>• Barley,</li> <li>• Brown Jasmine Rice</li> <li>• Brown Rice</li> <li>• Buckwheat,</li> <li>• Bulgur,</li> <li>• Couscous,</li> <li>• Faro,</li> <li>• Millet,</li> <li>• Oats (Old-fashioned, rolled),</li> <li>• Quinoa,</li> <li>• Polenta,</li> <li>• Rye,</li> <li>• Sorghum,</li> <li>• Wild Rice,</li> </ul> <p>Processed:</p> <ul style="list-style-type: none"> <li>• Whole-Grain Bread,</li> <li>• Wholegrain Unsweetened Cereal,</li> <li>• Whole-Wheat Pasta</li> <li>• Whole-Wheat Tortillas,</li> </ul>	<ul style="list-style-type: none"> <li>• Artichoke Hearts,</li> <li>• Arugula,</li> <li>• Asparagus</li> <li>• Bok Choy,</li> <li>• Broccoli</li> <li>• Brussel Sprouts</li> <li>• Cabbage,</li> <li>• Cauliflower,</li> <li>• Celery,</li> <li>• Collard Greens</li> <li>• Cucumbers</li> <li>• Eggplant,</li> <li>• Fennel</li> <li>• Garlic,</li> <li>• Green Beans,</li> <li>• Kale</li> <li>• Kale,</li> <li>• Leeks</li> <li>• Lettuce,</li> <li>• Mushrooms,</li> <li>• Mustard Greens,</li> <li>• Onions,</li> <li>• Parsley</li> <li>• Peppers,</li> <li>• Salad greens</li> <li>• Spinach</li> <li>• Sugar Snap Peas,</li> <li>• Summer Squash,</li> <li>• Swiss Chard</li> <li>• Tomatoes,</li> <li>• Zucchini</li> </ul>	<ul style="list-style-type: none"> <li>• Almond/Macadamia/Peanut Butter (All-Natural, No Additives)</li> <li>• Almonds (Raw)</li> <li>• Brazil nuts</li> <li>• Cashews (Raw)</li> <li>• Chestnuts</li> <li>• Chia Seeds</li> <li>• Coconut Oil</li> <li>• Flaxseed</li> <li>• Hazelnuts</li> <li>• Hempseeds</li> <li>• Macadamia nuts</li> <li>• Olive Oil</li> <li>• Olives</li> <li>• Peanuts</li> <li>• Pecans (Raw)</li> <li>• Pine Nuts</li> <li>• Pistachios</li> <li>• Pumpkin Seeds</li> <li>• Sesame Seeds</li> <li>• Soy nuts</li> <li>• Sunflower Seeds (Raw)</li> <li>• Tahini (Sesame Butter)</li> <li>• Walnuts (Raw)</li> </ul>	<ul style="list-style-type: none"> <li>• Apples</li> <li>• Apricots</li> <li>• Avocado</li> <li>• Bananas,</li> <li>• Blackberries</li> <li>• Blue Berries</li> <li>• Cherries</li> <li>• Cranberries</li> <li>• Dates</li> <li>• Figs</li> <li>• Grapefruit</li> <li>• Grapes,</li> <li>• Kiwi,</li> <li>• Lemons</li> <li>• Limes</li> <li>• Mandarin oranges</li> <li>• Mango,</li> <li>• Melon (watermelon, cantaloupe, Honeydew etc.)</li> <li>• Nectarines</li> <li>• Oranges,</li> <li>• Papaya,</li> <li>• Peaches,</li> <li>• Pears</li> <li>• Pineapple,</li> <li>• Plums</li> <li>• Pomegranates</li> <li>• Raisins</li> <li>• Raspberries</li> <li>• Strawberries</li> <li>• Tangerines</li> </ul>	<p>Unsweetened milks:</p> <ul style="list-style-type: none"> <li>• Almond</li> <li>• Coconut</li> <li>• Flax</li> <li>• Hemp</li> <li>• Oat</li> <li>• Rice</li> <li>• Organic Soy</li> </ul> <p>(look for brands fortified With vitamin B12)</p>
2–4 servings ½ cup: 2 grams	2–5 servings ½ cup cooked beans: 7–10 grams	5–8 servings ½ cup cooked grain, ¾ cup dry cereal, 1 slice bread, 1 small tortilla:	Unlimited, but eat at least 6 servings a day. 1 cup raw lettuce or other leafy greens; ½ cup raw or cooked, any other vegetable: 2 gram	1-2 servings 1 ounce (1/4 cup) nuts; 1–2 tablespoons seeds; 2 tablespoons nut butter; ¼ avocado; 3–5 olives	2–4 servings a day. One serving: 1 piece or about ½ cup	0–2 servings 1 cup milk: 1–9 grams