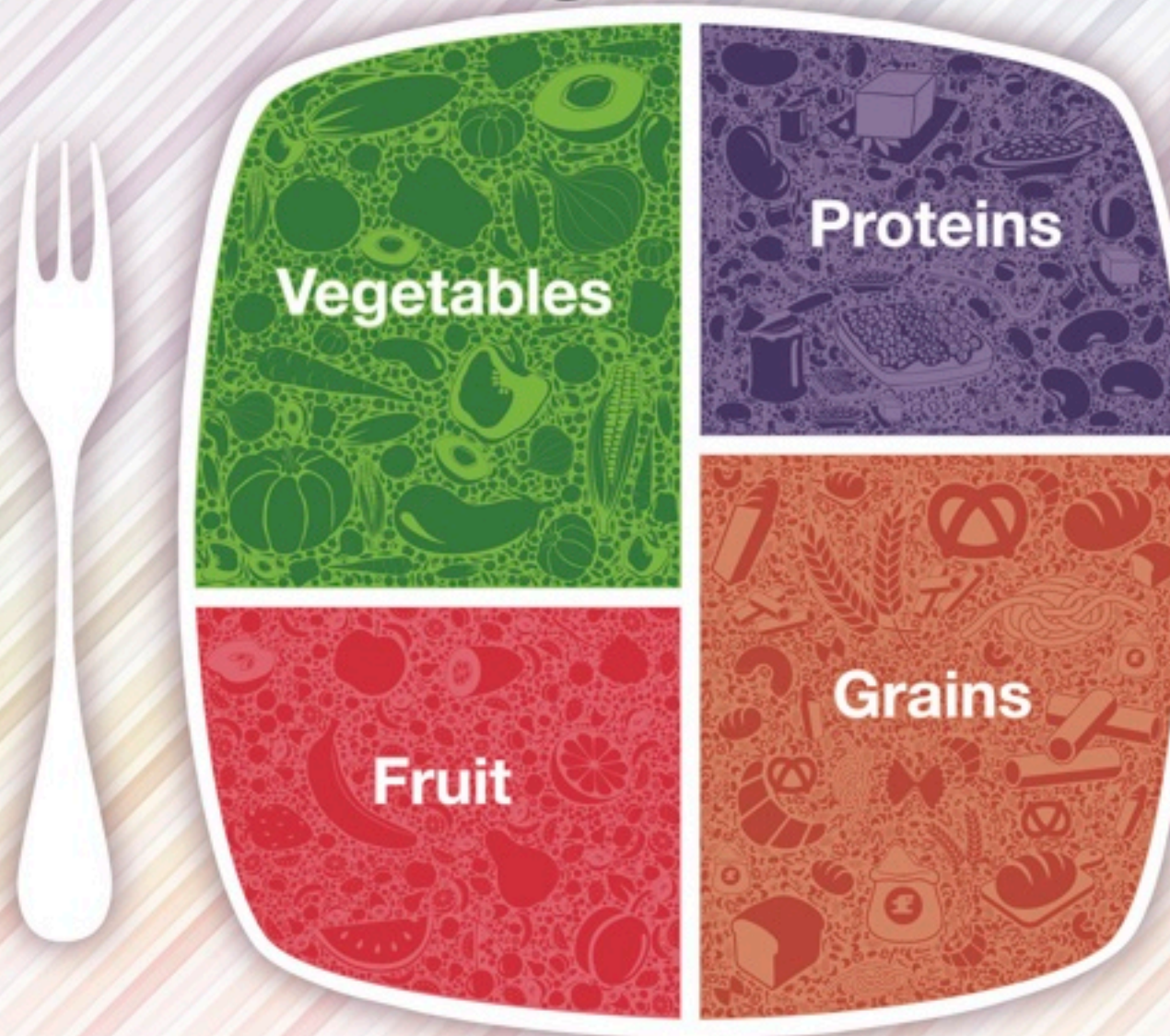


my Vegetarian plate



Keep Moving:
10,000 steps daily for fitness; or walk 60-90 minutes for weight loss.

Think Your Drink:
Give priority to water instead of soda, alcohol, or sugary fruit drinks; 5-8 glasses of water daily.



Vary the Vegetables
2½ cups daily

Feature the Fruits
2 cups daily

Protect with Proteins
6½ ounces daily

Go whole Grains
6 ounces daily

Calcium-rich Dairy & Equivalents
3 cups daily

Choose More: Vary the type, color and taste; eat a rainbow of colors such as asparagus, broccoli, kale, squash, carrots, tomato, turnip, potato, and onion.
Limit: French fries, breaded and fried vegetables.

Choose More: Add more colors to the rainbow: berries, figs, plums, grapes, citrus, melons, pomegranate, apricot, mango, pear, peach, and pineapple.
Limit: Sweetened juices, fruit pies and tarts with added sugar.

Choose More: All types of lentils, nuts, peas, seeds, many kinds of beans and meat alternates from soy and/or grains and eggs.
Limit: High fat and salty foods like highly seasoned entrées, meat analogs and deep fried foods.

Choose More: Whole grains such as barley, brown rice, bulgur, oatmeal, millet, popcorn, quinoa, wheat, and yellow corn.
Limit: Processed grains, white pasta and rice, refined crackers, cereals and pastries.

Choose More: Low fat milk, yogurt, ricotta cheese, and other fresh cheeses. Fortified soy or plant equivalent beverages, yogurt, and cheeses.
Limit: Whole-fat dairy such as milk, ice cream, cheese and cream.

My Vegetarian Plate Food Guide

Food Groups	Many Women & Older Adults	Children, Active Girls and Women	Boys and Active Men	Sample Serving Sizes g=grams / ml=milliliters / 1oz=28g	Best Foods from Each Food Group	Nutrients Contributed by Each Group																
	1600 Calories Daily	2000 Calories Daily	2400 Calories Daily																			
Go Whole Grains	Servings: 5	Servings: 6	Servings: 8	¼ bagel, ½ English muffin ¼ [4 oz] muffin, 1 slice [30g] bread ¾ cup [40g] dry unsweetened cereal ¼ cup granola, ½ cup [100g] hot cereal 3–4 [30g] crackers, 1 [30g] chapati 6" tortilla, ½ cup rice or pasta	Amaranth, barley, brown rice, buckwheat, bulgur, kamut, maize, millet, multigrain, oats, popcorn, quinoa, rye, sorghum, teff, triticale, wheat, wild rice, yellow corn	Carbohydrates (complex and simple), B vitamins (thiamine, riboflavin, niacin, folate), iron, protein, fiber, and trace minerals																
Vary the Vegetables	Servings: 4	Servings: 5	Servings: 6	1 cup [50g] raw leafy vegetable salad ½ cup [50g] chopped raw vegetables ½ cup [80g] cooked vegetables ¾ cup [100g] vegetable juice Unlimited: basil, cilantro, dill, ginger, oregano, parsley, rosemary, turmeric, etc.	Green: Asparagus, bok choy, broccoli, cabbage, collards, kale, mustard greens, okra, romaine, spinach, turnip greens Orange: Carrot, pumpkin, rutabaga, sweet potato, squash Red: Beet, eggplant, radish, red cabbage and pepper, tomato White: Cauliflower, garlic, onion, potato, turnip	Carotenoids, vitamin C, fiber, protein, potassium, folate, magnesium, vitamin K, phytochemicals																
Focus on Fruits	Servings: 3	Servings: 4	Servings: 4	1 medium [100g or 1 cup] whole fruit 1 cup [100g] berries ½ cup [125g] lite or unsweetened canned or frozen fruit ½ cup [100g] lite or unsweetened fruit juice ¼ cup [35g] dried fruit	Blue-Red-Purple: Blueberries, blackberries, boysenberries, cranberries, cherries, grapes, plums, prunes, raspberries, pomegranate, strawberries, watermelon Citrus: Grapefruit, kumquat, lemon, lime, orange, tangerine Orange: Apricot, cantaloupe, papaya, persimmon Yellow: Banana, durian, mango, peach, pear, pineapple Green: Honeydew, kiwi Dry: Dates, figs, raisins, prunes	Vitamin C, carotenoids, fiber, potassium, folate, magnesium, flavonoids																
Delight in Dairy / Equivalents	Servings: 3	Servings: 3	Servings: 4	<table border="0"> <tr> <td></td> <td style="text-align: right;">Protein g</td> </tr> <tr> <td>1 cup [240ml] non-fat or low fat milk</td> <td style="text-align: right;">8</td> </tr> <tr> <td>1 cup [240ml] full fat, fortified soy milk</td> <td style="text-align: right;">7</td> </tr> <tr> <td>1 cup [240ml] low fat or non-fat yogurt</td> <td style="text-align: right;">12</td> </tr> <tr> <td>½ cup [120g] low fat cottage cheese</td> <td style="text-align: right;">14</td> </tr> <tr> <td>¼ cup [55g] soy cheese</td> <td style="text-align: right;">6</td> </tr> </table>		Protein g	1 cup [240ml] non-fat or low fat milk	8	1 cup [240ml] full fat, fortified soy milk	7	1 cup [240ml] low fat or non-fat yogurt	12	½ cup [120g] low fat cottage cheese	14	¼ cup [55g] soy cheese	6	Dairy Products: Low fat milk, yogurt, ricotta cheese, other fresh cheeses Fortified Dairy Equivalents with vitamins D & B ₁₂ and calcium: soy beverages, soy yogurt, soy cheese	Protein, calcium, vitamins A, B ₂ , B ₁₂ , D				
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Protect with Proteins	Servings: 3	Servings: 5½	Servings: 6	<table border="0"> <tr> <td></td> <td style="text-align: right;">Protein g</td> </tr> <tr> <td>[100g] cooked beans</td> <td style="text-align: right;">7</td> </tr> <tr> <td>½ cup [100g] cooked lentils</td> <td style="text-align: right;">9</td> </tr> <tr> <td>½ cup [100g] tofu</td> <td style="text-align: right;">6</td> </tr> <tr> <td>1 egg or 2 egg whites</td> <td style="text-align: right;">7</td> </tr> <tr> <td>¼ cup [35g] seeds, whole</td> <td style="text-align: right;">7</td> </tr> <tr> <td>¼ cup [28g] nuts</td> <td style="text-align: right;">7</td> </tr> <tr> <td>2 tbsp [32g] nut butter</td> <td style="text-align: right;">7</td> </tr> </table>		Protein g	[100g] cooked beans	7	½ cup [100g] cooked lentils	9	½ cup [100g] tofu	6	1 egg or 2 egg whites	7	¼ cup [35g] seeds, whole	7	¼ cup [28g] nuts	7	2 tbsp [32g] nut butter	7	Beans: adzuki, black, fava, kidney, lima, navy, pinto, soy Peas: Blackeyed, chick, lentil, pigeon, purple hull, split Meat Alternates: Grains with legumes, soy meats, tofu, edamame, meat substitutes Nuts (unsalted): Almonds, hazelnuts, peanuts, pecans, pistachios, walnuts Seeds: Pumpkin, sunflower	Protein, iron, zinc, vitamins B ₁₂ , B ₆ , E, niacin, complex carbohydrate, fiber, linoleic acid, linolenic acid, isoflavones
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Use Healthy Fats	Servings: 5	Servings: 6	Servings: 7	<table border="0"> <tr> <td></td> <td style="text-align: right;">Fat g</td> </tr> <tr> <td>¼ cup [36g] avocado</td> <td style="text-align: right;">5</td> </tr> <tr> <td>2 tbsp [16g] flax seed, ground</td> <td style="text-align: right;">5</td> </tr> <tr> <td>1 tbsp [8g] nuts, chopped</td> <td style="text-align: right;">5</td> </tr> <tr> <td>1½ tsp [15g] nut butter</td> <td style="text-align: right;">5</td> </tr> <tr> <td>1 tsp [5g] margarine, oil, mayo, dressing</td> <td style="text-align: right;">5</td> </tr> </table>		Fat g	¼ cup [36g] avocado	5	2 tbsp [16g] flax seed, ground	5	1 tbsp [8g] nuts, chopped	5	1½ tsp [15g] nut butter	5	1 tsp [5g] margarine, oil, mayo, dressing	5	Nuts & Seeds: Brazil nuts, cashews, hazelnuts, flax seeds, macadamias, pecans, sesame seeds, walnuts Oils: Canola, olive, soy and walnut oils, flax seed spreads made from healthy oils Other: Avocado & olives	Vitamin E, linoleic acid, linolenic acid				
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Discern Desserts	Limit intake of refined sugar and high saturated fat desserts to occasional small servings.			½ fruit pie [270 to 486 calories] 1 tbsp fruit preserves [50 calories] ½ cup ice cream/sherbert [111 to 377 calories] 1.5 oz chocolate bar [200 calories]	Fruits: Dried or fresh fruit, fruit cobbler, fruit crisp Other Desserts: Low in fat, sugar and calories	Fat, refined sugars are empty calories containing no nutrients																

To calculate your own nutrition profile, visit: <https://www.supertracker.usda.gov>