



VEGAN FOOD GUIDE



Get at least 30 minutes of physical activity each day



OTHER ESSENTIALS

Sources of:
Omega-3 Fatty Acids
Vitamin B12
Vitamin D

DARK LEAFY GREENS & FORTIFIED ALTERNATIVES

High in calcium
6-8 servings

VEGETABLES

3 or more servings

GRAINS

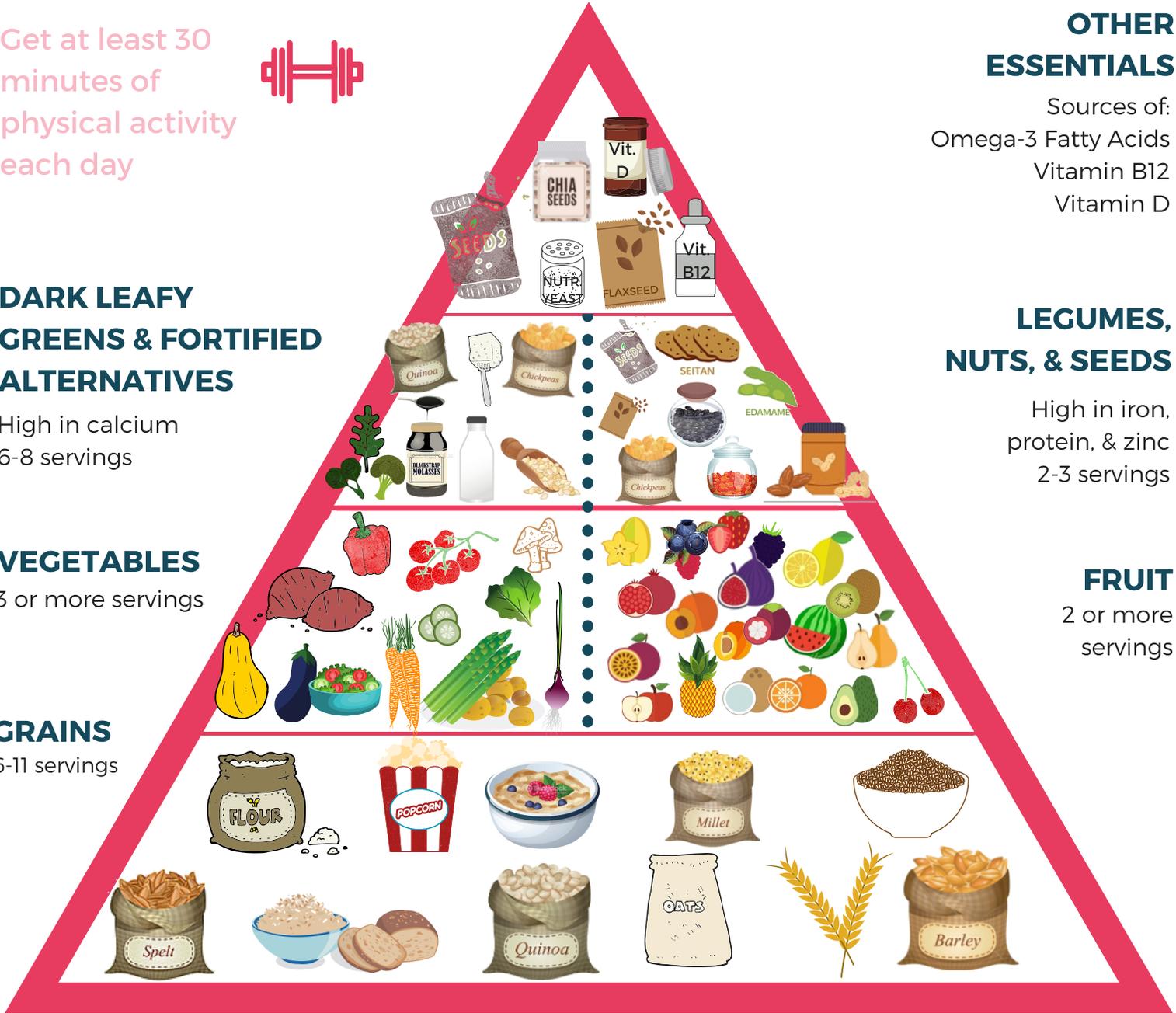
6-11 servings

LEGUMES, NUTS, & SEEDS

High in iron, protein, & zinc
2-3 servings

FRUIT

2 or more servings



Dark Leafy Greens & Fortified Alternatives

- Get to know your calcium sources

Other Essentials

- Pay attention to these important nutrients

Vegetables

- Eat a wide variety of colorful vegetables (including raw veggies)

Legumes, Nuts, & Seeds

- For maximum benefit, eat a wide range of these protein rich foods

Grains

- Choose mainly whole grains

Fruit

- Select an assortment of fruits, including those high in vitamin C