Plant-Based Dietitian's Food Guide Pyramid

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High-fat whole foods
such as: avocados, nuts, olives; whole food-sweetened treats; dairy substitutes such as oat, almond, rice, and soy
Use Sparingly.

Leafy, Green Vegetables
such as collards, spinach, and kale
Eat at least 2-3 servings (1 cup raw or 1/2 cup cooked) per day.

Whole grains
such as brown rice, barley, quinoa, oats, amaranth, whole wheat, whole grain pasta, and sprouted grains.
6-11 servings (1/2 cup cooked or 1 slice whole grain bread) daily.

Fruit (all types)
Consume 2-4 servings (1 piece or 1/2 cup) everyday.

Legumes
(beans, peas, lentils and seeds)
Consume 2-3 servings (1/2 cup cooked legumes or 1 Tbsp seeds) every day.

Vegetables
(all types, including starchy)
Eat as much and as many different colors as possible each day.

Drink plenty of pure water and some tea everyday.
Exercise at least 1 hour everyday.