

# The Plant-based Model

## NUTRITION TIPS:

- Eat a variety of foods from each food group daily, and preferably at each meal.
- All food groups should contain mostly unprocessed whole foods. Highly-processed foods can be eaten in small amounts, but should not form the basis of your daily diet.
- Supplementation of iodine, Vitamin B12, Vitamin D and omega-3 fats may be required for most vegans. Contact Mark Rifkin, MS, RD, LDN to learn more.



## Fruits

- berries
- apples
- apricots
- cherries
- grapefruits
- kiwis
- mangos
- oranges
- tangerines
- peaches
- nectarines
- pears
- plums
- bananas
- pineapple
- grapes

## Vegetables

- broccoli
- kale
- spinach
- carrots
- tomatoes
- peppers
- cabbage
- okra
- celery
- mushrooms
- squash
- cucumbers
- cauliflower
- green beans
- collards
- radishes



## Fats & Oils

- avocado
- nuts & seeds
- hummus
- olive & canola oils



## Whole Grains & Starches

- barley
- oats
- quinoa
- whole wheat pasta
- brown rice
- sweet potatoes
- redskin potatoes
- corn



## Protein

- beans & split peas
- tofu
- veggie burger
- tempeh
- seitan
- nuts



## Calcium

- collards
- kale
- nuts
- figs
- beans
- calcium-fortified non-dairy milk



### NOTE:

Like any food plan, this is only a general guide for adults and children, and is not personalized nutrition advice. This plan should be modified to meet your individual needs.



Some information adapted from an original publication by Vegetarian Resource Group

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