

WHOLE FOOD PLANT-BASED DIET

Use this general guide to follow the whole food plant-based diet. This diet encourages people to eat more plants and less processed foods. Below are general recommended servings, which can change based on individual calorie intake, weight gain or loss, and other factors. Do not eat these food items if you are allergic to them.

OFTEN

(Goal: 3-plus servings per day)

DARK, LEAFY GREENS*

- Kale
- Spinach
- Collard greens
- Mustard greens
- Red/green leaf lettuce
- Romaine lettuce
- Swiss chard
- Turnip greens
- Beet greens
- Broccoli
- Cabbage

**Please consult your healthcare provider if you take Coumadin/Warfarin.*

ALL OTHER VEGETABLES

(starchy/non-starchy)

- Fresh or frozen Brussels sprouts
- Carrots
- Peas
- Celery
- Okra
- Tomatoes
- Zucchini
- Squash
- Sweet potatoes
- Mushrooms

FRESH FRUIT

(or no sugar added frozen fruit)

- Blackberries
- Raspberries
- Blueberries
- Strawberries
- Apples
- Oranges
- Bananas
- Pears
- Peaches
- Plums

OCCASIONALLY

(Goal: 1-3 servings per day)

LEGUMES, LENTILS, BEANS*

- Lentils
- Edamame
- Soybeans
- Black beans
- Garbanzo beans (chickpeas)
- Cannellini beans
- Kidney beans
- Lupini beans
- Tofu
- Tempeh

**Canned beans with no salt added are preferable; rinse canned beans.*

WHOLE GRAINS*

- Quinoa
- Spelt
- Millet
- Barley
- Steel-cut/rolled oats
- Whole wheat/whole grain pasta or bread

**Daily servings of minimally processed versions of these foods fortified with vitamins B12 and D are encouraged.*

NUTS AND SEEDS

- Raw, unsalted nuts and seeds (8-30 nuts per day)
- Ground chia seeds or flax seeds (2 tablespoons per day)

RARELY

(Goal: Eliminate, minimize, reduce)

AVOID THESE FOODS

- Juices, sodas (Instead, drink water or diet soda)
- Processed or prepackaged foods
- Candy and sweets
- Muffins and pastries
- Cookies and cakes
- White pasta
- White bread and white bagels
- Red meat
- Processed meat/lunch meats
- Fried foods
- High-fat dairy
- Butter or margarine
- Coconut oil, vegetable oil, peanut oil (Extra-virgin olive oil should be limited to 2 tablespoons per day)

**Avoid eating animal products as much as possible. If you do eat animal products, try low-fat dairy, lean meats and fish (salmon).*

Information by Nutrition Handouts 2019 – Danielle Belardo, MD, with appreciation to Robert Ostfeld, MD, MSc, and Kevin Klatt, RD, PhD