

The Vegan Food Pyramid

Vegetable Oils and Fats
Some sweets, salt,
spices, Nuts,

Use Sparingly

Fortified Dairy Substitutes
2-3 Servings

Eat Moderately

Legumes, Seeds
Beans Group
2-3 Servings

Eat Moderately

Whole Grains, Bread
Rice and Pasta, Cereal Group
6-11 Servings

Eat Generously

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The Veggie Group
3-5 Servings

Eat Liberally

The Fruit Group
2-4 Servings

Eat Liberally

Water

8-10 Glasses a day. If you are active, drink more!