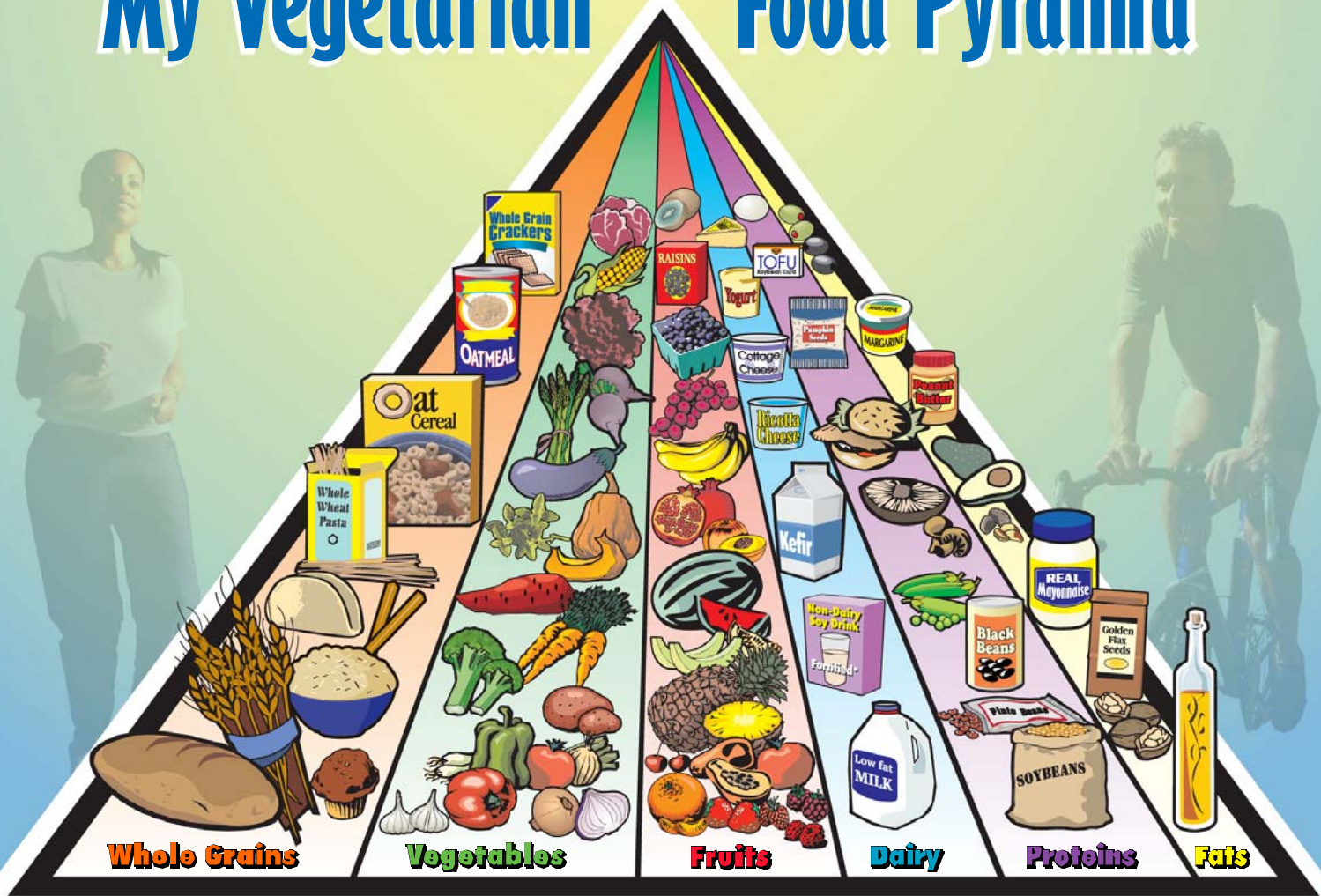


My Vegetarian Food Pyramid



Consult your dietitian or physician to determine the amount of water, iodized salt, calcium, vitamin D, and B12 to add to your daily diet.

Feel Good—Look Good Guidelines

Desire Drinks: Prioritize water instead of soda, alcohol, or sugary fruit drinks.

Engage Exercise: 10,000 steps for fitness or walking 90-120 minutes for weight loss.

Enjoy Eating: In a clean kitchen, wash all fresh fruits and vegetables in clean water to reduce harmful bacteria. Serve cold foods chilled and hot foods hot.

Choose Colors: Select the most intense colors of green, red, yellow, orange, brown, blue, and purple vegetables, fruits, and whole grains.

Pyramid Plan: Use the Pyramid above as a guide for meal planning and shopping.

Welcome Whole: Favor natural, unprocessed foods and minimize processed foods high in sodium, sugar, cholesterol, refined flour, total fat, and trans-fats.

Plate Portions: Locate your daily calorie target below and read down that column to see how many servings from each Pyramid Food Group will best meet your calorie and nutrition requirements.

Value Variety: Daily select a variety of foods from all pyramid groups to get all essential nutrients.

Food Groups	Many Women and Older Adults 1600 Calories Daily	Children, Active Girls and Women 2000 Calories Daily	Boys and Active Men 2500 Calories Daily	Sample Serving Sizes
Go Whole Grains	5 Servings	6 Servings	8 Servings	• 1 slice whole grain bread • 1/2 cup cooked pasta, rice, or other grains • 1 cup dry cereal • 1/4 cup granola • 1 tortilla or chapatti • 1/2 bagel or muffin
Vary the Vegetables	4 Servings	5 Servings	6 Servings	• 1/2 cup cooked, canned, or frozen vegetable • 1 cup raw vegetable salad • 3/4 cup vegetable juice • unlimited fresh herbs and spices
Focus on Fruits	3 Servings	4 Servings	4 Servings	• 1 medium fresh fruit • 1 cup berries • 1/4 cup dried fruit • 1/2 cup cooked, canned, or frozen fruit • 3/4 cup unsweetened fruit juice
Delight in Dairy or Equivalents	3 Servings	3 Servings	3 Servings	• 1 cup low fat milk or fortified full fat soy beverage • 1 cup low fat yogurt or kefir • 1/2 cup low fat ricotta, cottage, or soy cheese • 1.5 ounces low fat fresh cheese
Protect with Proteins	3 Servings	3 Servings	4 Servings	• 1/2 cup meat analog, soy beans, or tofu • 2 grilled medium portabello mushrooms • 1/2 cup cooked, canned, or frozen legumes (beans or peas) • 1 egg or 2 egg whites • 1/4 cup almonds, pistachios, pumpkin or sunflower seeds
Find Healthy Fats	2 Servings	3 Servings	5 Servings	• 1 teaspoon vegetable oil or margarine • 1 tablespoon nut butter or mayonnaise • 1/4 cup avocado • 2 tablespoons nuts, sesame or ground flax seeds • 4 large olives

Select Few Sweets

Avoid unhealthy fats and minimize or eliminate refined sugars to lose weight.

• 1 tablespoon fruit preserves • 1/8 fruit pie • 1/2 cup ice milk or low fat ice cream
• 1.5 ounce chocolate bar • 1 small nut and fruit cookie