

Plant-Based Dietitian's Food Guide Pyramid[©]

By: Julieanna Hever, M.S., R.D., C.P.T.
www.PlantBasedDietitian.com

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*

Notable Nutrient Sources



Nutrient Sources www.PlantBasedDietitian.com

Protein	legumes (beans, lentils, peas, peanuts), nuts, seeds, leafy green vegetables, (non-GMO) soy products
Omega-3 Fats	seeds (chia, hemp, flax), leafy green vegetables, (non-GMO), microalgae, soybeans and soy products, walnuts, wheat germ
Fiber	vegetables, fruits (berries, pears, papaya, dried fruits), avocado, legumes (beans, lentils, peas), nuts, seeds, whole grains
Calcium	low oxalate leafy greens (broccoli, bok choy, cabbage, collard, dandelion, kale, watercress), calcium-set tofu, almonds, almond butter, fortified plant milks, sesame seeds, tahini, figs, blackstrap molasses
Iodine	sea vegetables (arame, dulse, nori, wakame), iodized salt
Iron	legumes (beans, lentils, peas), leafy greens, (non-GMO) soy products, quinoa, potatoes, dried fruit, dark chocolate, tahini, seeds (pumpkin, sesame, sunflower), sea vegetables (dulse, nori)
Zinc	legumes (beans, lentils, peas, peanuts), (non-GMO) soy products, nuts, seeds, oats
Choline	legumes (beans, peas, peanuts), bananas, broccoli, oats, oranges, quinoa, (non-GMO) soy products
Folate	leafy green vegetables, almonds, asparagus, avocado, beets, enriched grains (breads, pasta, rice), oranges, quinoa, nutritional yeast
Vitamin B12	fortified foods (nutritional yeast, plant milks), supplement (2,500 micrograms per week)
Vitamin C	fruits (especially berries, citrus, cantaloupe, kiwifruit, mango, papaya, pineapple), leafy green vegetables, potatoes, peas, bell peppers, chile peppers, tomatoes
Vitamin D	sun, fortified plant milks, supplement if deficient
Vitamin K	leafy green vegetables, sea vegetables, asparagus, avocado, broccoli, Brussels sprouts, cauliflower, lentils, peas, natto

Plant-Based Dietitian's Plant Based Nutrition Plate[©]

By: Julieanna Hever, M.S., R.D., C.P.T.
www.PlantBasedDietitian.com

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.

High-fat whole foods

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

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.



Vegetables

(all types, including starchy)

Eat as much and as many different
colors as possible each day.

Legumes

(beans, peas, lentils and seeds)

Consume 2-3 servings

(1/2 cup cooked legumes or
1 Tbsp seeds) every day.

Fruit (all types)

Consume 2-4 servings

(1 piece or 1/2 cup)
everyday.