

Whole Food Plant Based Diet Pyramid

FATS AND OILS

ALMONDS, PECANS
WALNUTS, AVOCADO
OLIVE OIL
(IN MODERATION)

LEAFY GREENS

SPINACH, BROCCOLI
KALE, LETTUCE
(2-3 SERVINGS
DAILY)

LEGUMES

BLACK BEANS
CHICKPEAS, EDAMAME
FLAX SEEDS, CHIA
SEEDS, SUNFLOWER
SEEDS, LENTILS
(2-3 SERVINGS
DAILY)

GRAINS

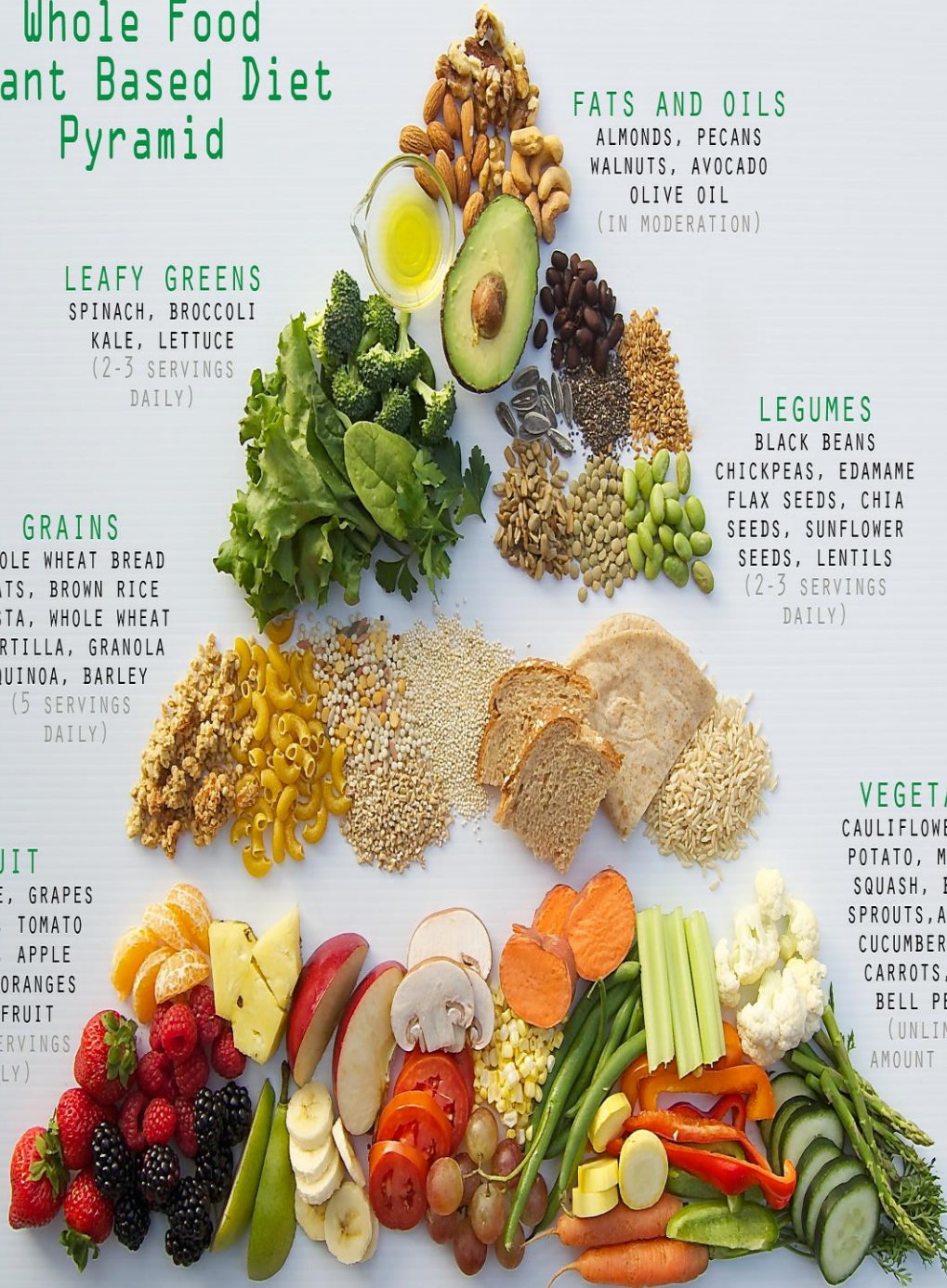
WHOLE WHEAT BREAD
OATS, BROWN RICE
PASTA, WHOLE WHEAT
TORTILLA, GRANOLA
QUINOA, BARLEY
(5 SERVINGS
DAILY)

VEGETABLES

CAULIFLOWER, SWEET
POTATO, MUSHROOMS
SQUASH, BRUSSELS
SPROUTS, ASPARAGUS
CUCUMBERS, CORN
CARROTS, CELERY
BELL PEPPERS
(UNLIMITED
AMOUNT DAILY)

FRUIT

PINEAPPLE, GRAPES
BERRIES, TOMATO
BANANA, APPLE
PEARS, ORANGES
GRAPEFRUIT
(3-4 SERVINGS
DAILY)



ΔThisIsMyYear