

## Nutrient-Dense Plant Based Foods

Food Type	Plant Type	Approximate Serving Size
Beans	Black beans, garbanzo beans (chickpeas), kidney beans, pinto beans, cannellini beans, lentils, split peas	1 cup or more per day
Fruits	Strawberries, blackberries, raspberries, cranberries, mulberries, apples, grapefruit, plums, watermelon, avocados, dates, oranges, kiwi, etc.	½ cup fresh or frozen berries per meal, 1 medium fruit or ¼ cup dried fruit.
Cruciferous Raw Vegetables	Broccoli, cabbage, bok choy, arugula, kale, brussels sprouts, cauliflower, collard greens	There are certain people that may need to eat these cooked.
Vegetables	Carrots, mushrooms, squash, onions, bell peppers, asparagus, spinach, sweet potatoes, green beans	1 cup leafy, ½ cup nonleafy
Nuts	Brazil nuts, cashews, almonds, walnuts	¼ cup or 2 tablespoons nut butter
Seeds	Flaxseeds, hemp hearts, chia seeds	2 Tablespoons per day- hemp hearts 3 Tablespoons a day
Whole Grains	Quinoa, brown rice, oats, barley, millet,	¼-½ cup

## Food Type Plant Based Alternatives

Cheese	Use cashews and nutritional yeast to make cheese
Dairy	Almond, cashew, soy, coconut or hemp
Heavy Cream	Coconut or soy creamer
Meat	Tempeh, tofu, portabello mushrooms, eggplant, jackfruit, legumes, beans
Eggs in baked foods	1 egg = 1 Tbsp ground flaxseed + 3 Tbsp water 1 egg = ½ smashed banana 1 egg = ¼ cup pureed prunes 1 egg = ¼ cup canned pumpkin
Oil	Applesauce, fruit juice, vegetable broth, lemon
White Pasta	Edamame pasta, black bean, red lentil, super green noodles

## Minerals

Mineral	Foods to Eat – Plant Based
Zinc	Legumes (chickpeas, lentils, beans), seeds (pumpkin, hemp, sesame), nuts (pine nuts, peanuts, cashews, almonds), whole grains (quinoa, brown rice, oats), green beans, kale and sweet potatoe
Selenium	Brazil nuts, brown rice, sunflower seeds, beans, mushrooms, oatmeal, spinach, lentils, cashews, bananas
Copper	Dark chocolate, sunflower seeds, cashews, chickpeas, raisins, lentils, hazelnuts, dried apricots, avocado, sesame seeds, quinoa, turnip greens, shiitake mushrooms, almonds, asparagus, kale, chia seeds
Iron	Spirulina, lentils, dark chocolate, spinach, black beans, pistachios, raisins
Silicon	Nuts, dried fruit, bananas, root vegetables, red lentils

## Vitamins

Vitamin	Foods to Eat – Plant Based
Vitamin A	All leafy greens, carrots, sweet potatoes, broccoli, cantaloupe, kale, pumpkin
Vitamin C	Fruits: orange, kiwifruit, strawberries Vegetables: red, yellow and red pepper raw ½ cup, broccoli ½ cup, brussels sprouts ½ cup, cabbage cooked ½ cup, spinach ½ cup, green peas ½ cup, cauliflower raw ½ cup, tomato
Vitamin E	Dark green veggies (such as spinach and broccoli), avocados, nuts and seeds
Vitamin B	B12 Nutritional yeast, or supplementation B6 Pistachios ¼ cup, pinto beans 1 cup cooked, avocado, sunflower seeds ¼ cup, sesame seeds ¼ cup B3 Niacin – peanuts, mushrooms, green peas, sunflower seeds, avocados B7 Biotin – avocado, cauliflower, berries, legumes, mushrooms B2 Riboflavin – mushrooms, spinach, almonds, sun-dried tomatoes B1 Thiamine – nutritional yeast, seaweed, sunflower seeds, macadamia nuts, black beans, lentils, organic edamame/soybeans, navy beans, white beans, split peas, pinto beans, mung beans, asparagus, green split peas, brussels sprouts, spinach, sun-dried tomatoes, potatoes, eggplant, sesame seeds, oats
Vitamin K	Green leafy vegetables (kale), fermented soy, spring onions (scallions), brussels sprouts, cabbage, broccoli, prunes, cucumbers, dried basil

