

# Food Spectrum: Vegetarian

## Vegetarian protein sources

Prioritize lean, minimally-processed sources of protein.

### EAT MORE



Eggs and egg whites



Plain Greek yogurt



Tempeh



Cultured cottage cheese



Tofu



Edamame

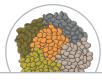


Fish



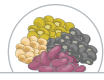
Shellfish

These are options if you are a vegetarian who eats fish and seafood.



Lentils

French, red, green, black, brown



Beans

Navy, lima, kidney, black, great northern, garbanzo, etc.



Split peas



Black-eyed peas

These only count as your protein source if a more protein-rich option (such as above) is not in the meal. Otherwise, they count as a carbohydrate source (as they contain more carbohydrates than protein).

### EAT SOME



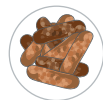
Uncultured cottage cheese



Protein powders (animal or plant-based)



Textured vegetable protein



Tempeh bacon



Soy yogurt, unsweetened



Seitan



Black bean burgers



Traditional veggie burgers

These only count as your protein source if a more protein-rich option (such as above) is not in the meal. Otherwise, they count as a carbohydrate source (as they contain more carbohydrates than protein).

### EAT LESS



Protein bars (animal or plant-based)



High-mercury fish



Plant-based meats

Burgers, sausage, hot dogs, etc.

This includes items such as Impossible, Beyond, Gardein, Boca, Tofurky, etc. Most of these are made from a highly-processed plant protein, along with added oils, salts, sugars, flavors and colors.

For more on protein choices—and adjusting your intake for your preferences and goals: See [‘What should I eat?’ Precision Nutrition’s 3-step guide for choosing the best foods for your body.](#)

# Food Spectrum: Vegetarian

## Vegetarian carbohydrate sources

Focus on whole, minimally-processed sources of carbohydrates that pack lots of nutrition and fiber, and include a mix of starches and colorful fruits.

### EAT MORE



Beans and lentils



Steel-cut, rolled, and old-fashioned oats



Buckwheat



Quinoa



Whole-grain, black, and wild rice



Sorghum



Farro



Millet



Potatoes



Amaranth



Plain non-Greek yogurt



Plain kefir



Fresh and frozen fruit



Corn



Sweet potatoes



Barley



Taro



Yuca



Whole or sprouted grain bagels, breads, English muffins, pastas, and wraps

### EAT SOME



Couscous



White rice



Granola



Instant or flavored oats



Milk



Vegetable juices



Flavored yogurt



Flavored kefir



Pancakes and waffles



Whole-grain crackers



Oat-based granola bars



Canned, dried, and pureed unsweetened fruit



Bean and pulse pasta



White bagels, breads, English muffins, pastas, and wraps

### EAT LESS



Cereal bars



Fruit juices



Flavored milk



Honey, molasses, syrups & jellies



Canned, dried, and pureed fruit w/added sugar



Sweetened sports drinks



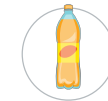
Juice drinks



Sweetened energy drinks



Plant milks, sweetened



Soda



Crackers



Sugar



Pretzels



Foods with 10+g added sugar

These foods are also rich sources of fats, so be mindful of both their carbohydrate and fat content



Chips



Fries



Ice cream and frozen yogurt



Candy bars



Donuts



Cookies



Pastries



Muffins



Cakes

For more on carbohydrate choices—and adjusting your intake for your preferences and goals: See [‘What should I eat?’ Precision Nutrition’s 3-step guide for choosing the best foods for your body.](#)

# Food Spectrum: Vegetarian

## Vegetarian fat sources

Aim for a mix of whole-food fats (like nuts and seeds), blended whole foods (like nut butters), and pressed oils (like olive and avocado).

### EAT MORE

Extra virgin olive oil

Walnut oil

Marinades and dressings with oils in this category

Avocado and avocado oil

Cheese, aged > 6 months

Egg yolks

Seeds: chia, flax, hemp, pumpkin, pepita and sesame

Cashews

Pistachios

Almonds

Brazil nuts

Pecans

Peanuts & natural peanut butter

Walnuts

Olives

Pesto made w/ extra virgin olive oil

Nut butters from other nuts in this category

Fresh unprocessed coconut

### EAT SOME

Virgin and light olive oil

Expeller pressed canola oil

Sesame oil

Flaxseed oil

Coconut oil / milk

Peanut oil and regular peanut butter

Dark chocolate

Marinades and dressings with oils in this category

Fish and algae oil

Cream

Cheese aged < 6 months

Flavored nuts and nut butters

Trail mix

Often rich in carbohydrates as well, with sources of varying quality.

High oleic safflower oil

High oleic sunflower oil

These naturally-bred oils are high in heart-healthy monounsaturated fats and contain little saturated fats and no trans fats.

### EAT LESS

Butter

Margarine

Processed cheese

Corn oil

Cottonseed oil

Sunflower oil

Canola oil

Soybean oil

Safflower oil

Marinades and dressings with oils in this category

Vegetable oil

Fat-rich foods with 10+ g added sugar

Hydrogenated oils and trans fats

Shortening

For more on fat source choices—and adjusting your intake for your preferences and goals: See [‘What should I eat?’ Precision Nutrition’s 3-step guide for choosing the best foods for your body.](#)

# Food Spectrum: Vegetarian

## Vegetable rainbow

When eating vegetables (and fruits), try to “eat the rainbow.” Different colors imply different nutrients and health benefits.



For more help eating and enjoying (or at least tolerating) more vegetables: See [Precision Nutrition's 3-step guide for prepping \(and loving\) your veggies.](#)