

# WHAT SHOULD I EAT?!

## OUR 3-STEP GUIDE TO CHOOSING THE BEST PLANT-BASED FOODS FOR YOUR BODY

This easy-to-use chart shows you how to make healthier nutrition choices for achieving your goals, while enjoying the vegetarian (or pescatarian!) foods you love.

### Plant-based & vegetarian edition



#### KNOW YOUR FOODS

Some plant-based eaters only consume plants. Others include dairy and eggs. Still others eat seafood—and even meat. Whatever your approach, seeing nutrition on a spectrum can help you improve your health without branding anything off-limits.

# EAT MORE

## PROTEIN

### PLANT-BASED



Tempeh



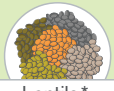
Tofu



Edamame

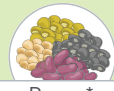


Split peas\*



Lentils\*

French, red, green, black, brown



Beans\*

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



Black-eyed peas\*

### ANIMAL-BASED



Eggs and egg whites



Plain Greek yogurt



Cultured cottage cheese



Low-mercury fish



Shellfish

\*These only count as a protein source if you do not consume the other protein sources in this category. Otherwise, they count as a carbohydrate, as they contain more carbohydrate than protein.

**Prioritize lean, minimally-processed sources of protein.**

## CARBS



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



Barley



Sweet potatoes



Taro



Yuca



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

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

## FATS



Extra virgin olive oil



Walnut oil



Marinades and dressings with oils in this category



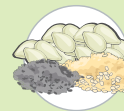
Avocado and avocado oil



Cheese, aged > 6 months



Egg yolks



Seeds: chia, flax, hemp, pumpkin and sesame



Cashews



Pistachios



Almonds



Brazil nuts



Pecans



Peanuts & natural peanut butter



Olives



Pesto made with extra virgin olive oil



Nut butters from other nuts in this category



Fresh unprocessed coconut



Walnuts

**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 SOME

## PROTEIN



Uncultured cottage cheese



Protein powders (animal or plant-based)



Textured vegetable protein



Tempeh bacon



Soy yogurt, unsweetened



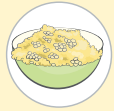
Seitan



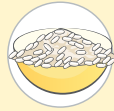
Veggie and black bean burgers\*

\*This only counts as a protein source if you do not consume the other protein sources in this category. Otherwise, it counts as a carbohydrate, as it contains more carbohydrate than protein.

## CARBS



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

## FATS



Virgin and light olive oil



Expeller pressed canola oil



Sesame oil



Flaxseed oil



Coconut oil / milk



Peanut oil and regular peanut butter



Dark chocolate



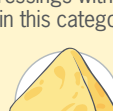
Marinades and dressings with oils in this category



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

## PROTEIN



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.

## CARBS



Cereal bars



Fruit juices



Flavored milk



Honey, molasses, syrups & jellies



Canned, dried, and pureed fruit w/added sugar



Sweetened sports drinks



Juice drinks



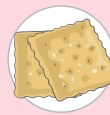
Sweetened energy drinks



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

## FATS



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



## Alcohol

Alcohol is a distinct macronutrient with unique risks and benefits. But if you're being mindful of energy balance, we recommend including it in the "eat less" carb category, and tracking your intake (e.g. '6 carb portions today; 4 from food, 2 from beer'). This helps you align alcohol consumption with your health and fitness goals.

# VEGETABLES

All vegetables count as "eat more" foods. To consume the most nutrients, try to "eat the rainbow"!



Eating a variety of colorful fruit and starchy vegetables (like potatoes) also helps you "eat the rainbow", though these foods live in the carbohydrate category.

**Not a veggie lover?** Add herbs, spices, and aromatics, which enhance flavor and provide additional health benefits. To learn how, check out [www.precisionnutrition.com/create-the-perfect-meal-infographic](http://www.precisionnutrition.com/create-the-perfect-meal-infographic) and [www.precisionnutrition.com/dont-like-vegetables-infographic](http://www.precisionnutrition.com/dont-like-vegetables-infographic)

# 2

## BASE FOOD CHOICES ON YOUR GOALS

The proportions of your food intake that come from the "eat more", "eat some", and "eat less" categories will depend on how you eat now, and what your goals are.

● "eat more" ● "eat some" ● "eat less"



### THESE PROPORTIONS MAY WORK FOR YOU IF...

- you want to generally improve your health.
- you're new to exercise or exercise moderately.
- you want to look, feel, and perform better.
- you want to significantly improve your health.
- you exercise moderately, or are training for an event like a half-marathon or obstacle course.
- you want to look, feel, and perform a little better than average.
- you want to significantly improve your health, or maintain a high degree of health.
- you are training for a major athletic event like a marathon or ultramarathon.
- you want above-average body composition, athletic performance, and/or recovery.
- you love eating this way. (This routine won't make you much healthier.)
- you're preparing for a bodybuilding, physique, or elite athletic competition.
- you are paid for your body's looks or performance.

# 3

## ADJUST FOR YOUR PREFERENCES AND LIFESTYLE

Your "eat more", "eat some", and "eat less" list is unique to you and may evolve as your goals, likes, and dislikes shift over time. Use the table below to note your preferred foods.

### CREATE YOUR OWN SPECTRUM

PROTEIN	CARBS	FATS	VEGGIES
Green foods I like or want to try:	Green foods I like or want to try:	Green foods I like or want to try:	Red, orange and yellow veggies:
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
Yellow foods I want to incorporate:	Yellow foods I want to incorporate:	Yellow foods I want to incorporate:	Green, blue and purple veggies:
1	1	1	1
2	2	2	2
3	3	3	3
Red foods I want to indulge in:	Red foods I want to indulge in:	Red foods I want to indulge in:	White veggies:
1	1	1	1
2	2	2	2

# HOW TO ADD FOODS TO THE SPECTRUM

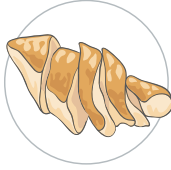
At some point, you're going to want to eat foods that aren't on our spectrums. Here's how to categorize them.

## FIRST, FIGURE OUT THE MACRO CATEGORY:



- **Which macronutrient delivers the majority of the calories?**

Classifying a food as the macronutrient that delivers the most calories is generally a safe bet.



- **Which eating style do you follow?**

For example, if you are a part-time vegetarian or flexitarian, you might include minimally-processed, lean meat in your "eat more" category.



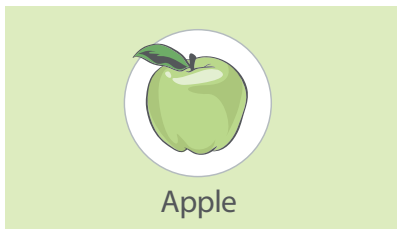
- **How is this food commonly eaten?**

Perhaps as a protein, starchy side, or fat-rich topping?

## NOW, DETERMINE ITS PLACE ON THE SPECTRUM:

### How close is it to a whole food?

Generally, the more processed a food, the further it moves toward "eat less".



Apple



Applesauce



Apple juice

## REMEMBER, YOU'RE THE BOSS

We've given you some ideas to get started. But YOU know best what works for you. Sustainable nutrition always prioritizes:

- ✓ **the foods and flavors you truly enjoy,**
- ✓ **the things you know how to cook or prep,**
- ✓ **and the portions that make sense for YOU.**

