WHAT SHOULD I EAT?!

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

Plant-based & vegetarian edition

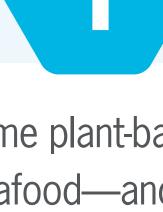
FATS

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.

Some plant-based eaters only consume plants. Others include dairy and eggs. Still others eat

KNOW YOUR FOODS

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

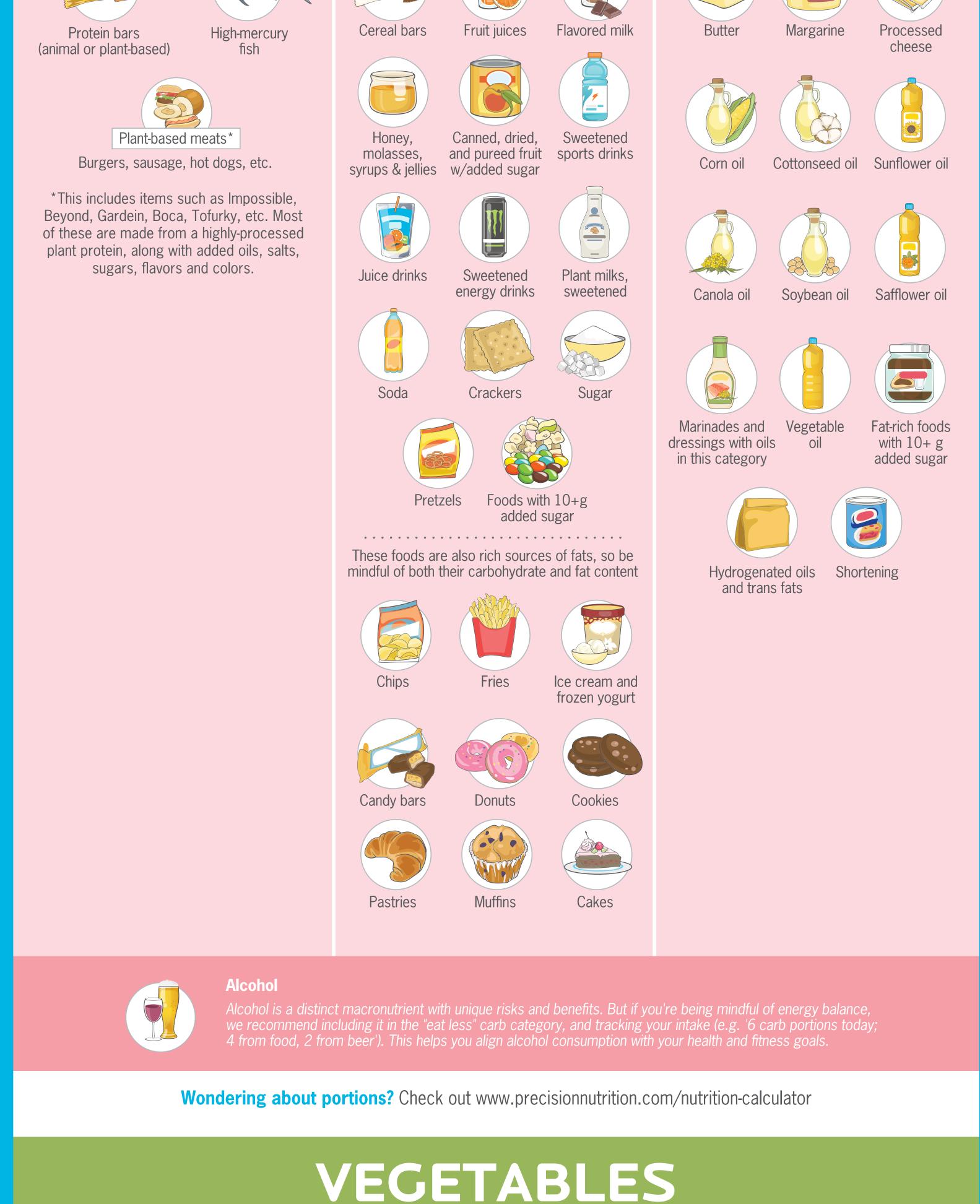


PROTEIN

CARBS









EAT THE

RAINBOW

Pumpkin

Orange

peppers

Carrots

Shallots

Cauliflower

Romaine

Mushrooms

Garlic

VEGGIES

Red, orange and

yellow veggies:

White veggies:

1

2

3

4

2

3

2

Yellow

peppers

Acorn

squash

Yellow

beets

White carrot

Jerusalem

artichoke

Onions

All vegetables count as "eat more" foods. To consume the most nutrients,

try to "eat the rainbow"!

cabbage

Red onions

Rhubarb

Rutabaga

Purple

peppers

Green

Beets

Tomatoes

Purple

asparagus

Eggplant

Purple cabbage Radicchio

Red leaf

lettuce

Purple

cauliflower

Purple

carrots



ADJUST FOR YOUR

PREFERENCES AND LIFESTYLE

FATS

Green foods I like

or want to try:

Red foods

I want to indulge in:

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

1

3

4

2

3

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.

CARBS

Green foods I like

or want to try:

Red foods

I want to indulge in:

3

4

2

3

2

PROTEIN

Green foods I like

or want to try:

Red foods

I want to indulge in:

3

3

Yellow foods Yellow foods Yellow foods Green, blue and I want to incorporate: I want to incorporate: purple veggies: I want to incorporate:

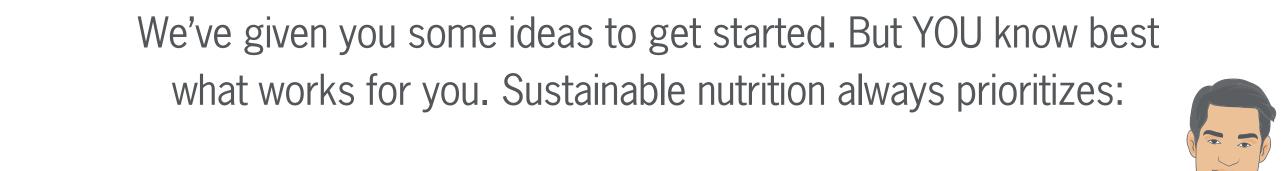
FIRST, FIGURE OUT THE MACRO CATEGORY:	
	• Which macronutrient delivers the majority of the calories? Classifying a food as the macronutrient that delivers the most calories is generally a safe bet.
	 Which eating style do you follow? For example, if you are a part-time vegetarian or flexitarian, you 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** REMEMBER, YOU'RE THE BOSS



and the portions that make sense for YOU.

For the full article explaining this infographic, visit:

https://www.precisionnutrition.com/vegetarian-food-list-infographic

the foods and flavors you truly enjoy,

the things you know how to cook or prep,

Precision Nutrition

Apple juice