



### Vegan/Vegetarian Food Chart

Directions: Combine one portion of each food type to make a complete meal. Dark green leafy vegetables should be used frequently since they provide calcium, protein and folate. Fats should be minimally cooked or kept raw. Ideally, add fats after cooking your food. People with insulin resistance should limit themselves to one fruit per day, primarily berries. Fresh herbs, spices and vinegars are unlimited. To be avoided: White food, which includes enriched wheat, white bread, rice, pasta, sugar. For beverages: drink water, soda water, tea, herbal tea, and juice (half juice/half water), one cup coffee per day is acceptable. Use stevia and 1 Tbsp (15 mL) blackstrap molasses (calcium rich) as a sweetener. Be sure to take a B12 and folic acid supplement and add 1 Tb of enriched nutritional yeast to your diet. Use nutritional yeast in soups, salads, beans, rice or popcorn. If you do not get enough sunshine (20 minutes of exposure daily to bare skin) then take a vitamin D supplement as well (10 mcg /day per day). Although not vegetarian, I highly recommend a fish oil supplement with 1000 mg of EPA per day, if this is objectionable then supplement with Udo's Oil (3 tablespoons per day) plus a high quality multivitamin with extra B vitamins. For extra help with recipe and cooking guides, I recommend [www.vegancoach.com](http://www.vegancoach.com).

Vegetables 1 ½ to 2 ½ cups	Proteins ½ to 1 cup	Fats 1 ½ - 4 Tsp oils 3 Tbsp nut or seed butter ¼ c nuts & 3 Tb seeds	Carbohydrates 1/8 to 1 cup (fist size)
Artichoke Asparagus Beet Greens Bell Pepper Bok Choy Broccoli (ca) (4 g p/ cup) Brussel sprouts (5 g p/ cup) Cabbage Carrots Cauliflower Celery Chayote Chicory Collards (ca) (5 g p/ cup) Cucumbers Dandelion Greens (ca) Eggplant Fennel Kale (ca) Kohlrabi Leeks Lettuce: Arugula, Celtuce, Endive, Rapini, Romaine Mustard Greens (ca) Okra (ca) Onions Parsley Rhubarb (ca) Sauerkraut Seaweed (ca) Spinach (ca) (5 g p/cup) Summer Squash Swiss Chard (ca) Turnip Greens (ca) (5 g p/cup) Tomatoes Zucchini	Almonds Anasazi Beans Black beans Chickpeas/Garbanzo Chorella Colorado Beans Eggs Great Northern (ca) Green Peas Kidney Beans Lentils Lima Beans Miso Navy Beans (ca) Peanuts Pinto Beans Seitan (wheat) Soybeans Spirulina Split Peas tempeh Textured Vegetable Protein Tofu, firm Walnuts White Beans (ca)	Almond Butter (ca) Almonds (ca) Avocado Borage Oil Brazil Nuts Cheese (ca) Coconut Oil * Darions Flax Oil Hemp Oil Hummus Olive Oil* Olives Pecans Pine Nuts Pistachios Pumpkin Seeds Safflower* Soybeans Tahini (Sesame Butter) Udo's Oil Walnut Oil Walnuts Yogurt Skim Milk (13g p/ cup) *The only oils to be used in cooking, others are for salads/cold dishes	Almond Milk Amaranth Barley, Pearled (3g p/cup) Brown Rice (5 g p/cup) Buckwheat (5 g p/ cup) Bulgur wheat (5 g p/ cup) Cornmeal (11 g p/ cup) Faro Figs (ca) Flax Seeds/ Meal Fruit Kamut Millet Oats Steel-Cut (7 g p/ cup) Potato Pumpkin Quinoa- (5 g p/ cup) Rye Soymilk (Unsweetened) Spelt Sweet potatoes/Yams Teff Triticale Whole Grain Bread (2 grams or more fiber per slice) - Sarah Lee Whole Grain Cereal (8 grams or more fiber per serving) - Fiber One, Kashi Wild Rice (6 g p/cup)

Ca= calcium sources P=protein

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## LEGUMES

The Leguminosae family contains members that bear seeds in a pod. The common food groups in this family are the beans, peas, and lentils. All legumes are high in protein, water-soluble fiber (pectin), vitamins and minerals. When combined with grains or cheese, legumes can make up a “complete protein”. A complete protein contains all eight of the essential amino acids. The beans with the highest protein content are: soy bean (the only legume that is a complete protein by itself), adzuki beans, kidney beans, broad beans, mung beans & lima beans. Dry peas are high in protein. Most legumes are considered “starches” (starch is a complex carbohydrate). This includes all dry peas and all dry beans except soy beans. Legumes are also rich in molybdenum and zinc.

### **Adzuki Bean** (*Phaseolus angularis*)

Other names: feijao, adzuki, adsuki

Flavor: light, nutty

High in protein (25%), B vitamins, iron, calcium and thiamin.

### **Black Bean** (*Phaseolus vulgaris*)

Other names: “turtle soup” bean, frijoles negros

Flavor: subtle mushroom like

Nutrients: 23% protein, high in iron, calcium and B vitamins.

### **Blackeye Bean** (*Vigna unguiculata*)

Other names: blackeye suzies, cow pea, blackeye pea, oea beans, China beans, marble beans

Flavor: light texture, pleasant & savory

Nutrients: High in protein (22%), iron, calcium, B complex vitamins and vitamin A. Has a thinner skin - no need to soak before cooking. Young pods can be eaten as a fresh vegetable, the young leafy shoots taste similar to spinach.

### **Broad Bean** (*Vicia forba*)

Other names: wax bean, fava bean, ful medames, ful, ful misri

High in protein - best used as a puree in soups, pates and pies.

Needs long soaking up to 36 hours.

### **Butter Bean** (*Phaseolus lunatus*)

Other names: pole bean, curry bean, Madagascar bean, lima bean

Flavor: savory and smooth texture

Nutrients: high in protein, iron and calcium

### **Chick Pea** (*Cicer arietinum*)

Other names: garbanzo, bengel gram, ceci, kabli channa

Flavor: rich, full

Nutrients: high in protein, fat, calcium, iron, and B vitamins.

### **Kidney Bean** (*Phaseolus vulgaris*)

Flavor: rich

Nutrients: high in protein, iron, folacin, phosphorus, thiamin, riboflavin, niacin, zinc, magnesium, manganese, potassium, calcium and fiber (18 gram fiber for 1 cup of cooked beans) low in sodium does not contain fat or cholesterol.

### **Lentil** (*Lens esculenta*)

Nutrients: high in protein (25%), rich in iron and B vitamins thought to be easier to digest than larger legumes.

### **Mung Bean** (*Phaseolus aureus*)

Other names: green gram, golden gram, mung dal, moong dal

Can be used whole or sprouted, the sprout has 5X more food value and is easily digested. The tender young pods can also be eaten as a vegetable.

The sprout is rich in vitamin C, B12, protein (24%) and B vitamins.

### **Pea** (*Pisum sativum*)

Split pea is one variety. It requires no soaking and cooks quickly.

### **Pinto Bean** (*Phaseolus vulgaris*)

### **Soya Bean** (*Glycine max*)

Other names: soy, soy bean

Hardest of all legumes - needs long soaking time before cooking

Nutrients: high in protein (is a complete protein), vitamin A, E, B vitamins, lecithin, calcium, potassium, phosphorus

### **Common Products of Soybeans**

**Miso** - soy paste; very concentrated food with B vitamins and beneficial bacteria for digestive system. Do not boil as that destroys nutritional quality best to add just before serving.

**Soy Sauce or Tamari**--thought to strengthen and stimulate digestive juices.

**Tofu or soy cheese** - bean curd; high in protein, vitamins and minerals, low in saturated fat, calories and carbohydrates.

**Soy Flour**--yellow in color, strong flavor, use small amounts (2 - 3oz/1 lb. of wheat flour). High in protein low in gluten can be used as an egg substitute in cakes and batters (1 mounded teaspoon = 1 egg).

**Soy Milk**--higher in iron, calcium and phosphorus than cow's milk can use in baking or as a beverage.

**Edamame**—soybeans cooked in the pod.

**Tempeh**—fermented soy in a hard, flat form.

### **Approximate Cooking Times For Beans**

<u>Type of Bean</u>	<u>Simmering</u>		<u>Pressure Cook (15 lbs)</u>	
	<u>Soaking Time</u>	<u>Cooking Time</u>	<u>Soaking</u>	<u>Cooking Time</u>
<b>Adzuki bean</b>	overnight	3/4-1 hour	6 hours	10 minutes
<b>Black bean</b>	overnight	1-1 1/2 hours	6 hours	10 minutes
<b>Blackeye bean</b>		3/4-1 hour		8 minutes
<b>Broad bean</b>	overnight	1 1/2-2 hours	6 hours	15 minutes
<b>Butter bean</b>	overnight	1 1/2-2 hours	6 hours	15 minutes
<b>Canellini bean</b>	overnight	-1 1/2 hours	6 hours	10 minutes
<b>Chick peas</b>	overnight	2-2 1/2 hours	6 hours	25 minutes
<b>Field bean</b>	overnight	1-1 1/2 hours	6 hours	10 minutes
<b>Kidney bean</b>	overnight	1-1 1/2 hours	6 hours	15 minutes
<b>Lentils</b>		1/2-3/4 hour		8 minutes
<b>Mung beans</b>	overnight	3/4-1 hour	6 hours	10 minutes
<b>Peas (split)</b>		3/4-1 hour		8 minutes
<b>Pinto beans</b>	overnight	1-1 1/2 hours	6 hours	10 minutes
<b>Soy bean</b>	24 hours	3-3 1/2 hours	24 hours	25 minutes



The average person needs **1 gram of protein per kilogram of body weight.**

**Your weight in pounds divided by 2.2 = grams needed per day**

**150 lbs/2.2=68 grams per day**

APPROXIMATE PROTEIN VALUES IN FOOD:

1 cup of COOKED BEANS AND LENTILS contains 15 grams of protein.

1 cup of COOKED SOYBEANS contains 30 grams of protein.

1 cup of FIRM TOFU contains 40 grams of protein.

1 cup of TEMPEH contains 30 grams of protein.

1/4 cup of MOST NUTS can range anywhere from 4 grams to 8 or 9 grams.

2-3 tablespoons of SEEDS provide 8 grams of protein

2-3 tablespoons of FLAX SEEDS which will provide you with 4 grams of protein

3 tablespoons of TAHINI will provide you with 8 grams of vegan protein

1 cup of VEGETABLES (in general) will provide you with 2 grams of protein

1 cup of GRAINS (in general) will provide you with 6 grams of protein

1 cup of FRUIT (in general) will provide you with 1 gram of protein

# VEGAN FOOD GUIDE

## DAILY PLAN FOR HEALTHY EATING

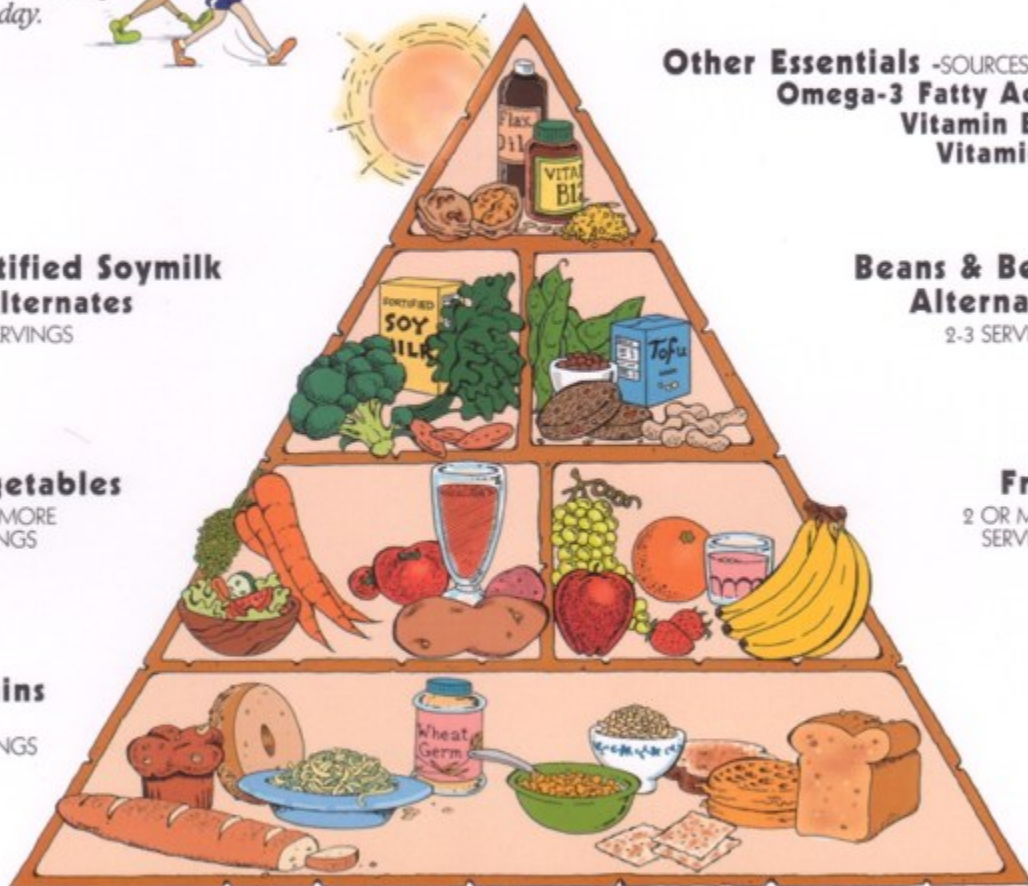
Get a least 30 minutes of physical activity each day.



**Fortified Soymilk & Alternates**  
6-8 SERVINGS

**Vegetables**  
3 OR MORE SERVINGS

**Grains**  
6-11 SERVINGS



**Other Essentials** -SOURCES OF:  
**Omega-3 Fatty Acids**  
**Vitamin B12**  
**Vitamin D**

**Beans & Bean Alternates**  
2-3 SERVINGS

**Fruit**  
2 OR MORE SERVINGS

Artwork by Dave Brousseau

Eat a variety of foods from each of the food groups.  
Drink 6-8 glasses of water and/or other fluids each day.  
Limit intake of concentrated fats, oils, and added sugars, if used.



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