

Common Foods & Flavors of the **VEGETARIAN & VEGAN DIET**

••• eat most often

•• eat moderately

• eat less often

Vegetables & Tubers •••

artichokes, arugula, beets, bok choy, broccoli, brussels sprouts, cabbage, carrots, celery, celeriac, chicory, collards, cucumber, daikon, dandelion greens, eggplant, fennel, kale, leeks, lettuce, mâche, mushrooms, mustard greens, nettles, okra, onions, peas, peppers, potatoes, purslane, radishes, rutabaga, scallions, shallots, spinach, sweet potatoes, turnips, yams, zucchini

Herbs & Spices •••

anise, asafoetida, basil, bay leaf, chiles, cilantro, clove, coriander, curry, fennel, garlic, ginger, lavender, marjoram, mint, oregano, parsley, pepper, rosemary, sage, savory, tarragon, thyme, wasabi

Fruits •••

apples, apricots, avocados, bananas, cherries, coconut, clementines, dates, figs, grapefruit, grapes, kiwifruit, oranges, melons, nectarines, olives, peaches, pears, pineapples, pomegranates, pomelos, pumpkin, strawberries, tangerines, tomatoes

Grains •••

amaranth, breads, barley, buckwheat, bulgur, couscous, durum, farro, maize, millet, noodles, oats, pasta, polenta, rice, wheatberries

Eggs, Dairy, & Soy ••

eggs & egg whites
cheeses, lowfat milk, yogurt
soy milk, soy yogurt, tempeh, tofu

Nuts, Seeds, & Legumes •••

whole nuts & nut butters:
almonds, cashews, hazelnuts, macadamia nuts, peanuts, pine nuts, pistachios, tahini (sesame), walnuts
seeds: flax, pumpkin, sesame, sunflower
beans: adzuki, black, cannellini, chickpeas, fava, green, lima, kidney, mung, pinto, soy
lentils, split peas

Oils ••

avocado oil, canola oil, coconut oil, corn oil, olive oil, peanut oil, safflower oil, soybean oil

Sweets •

cookies, cakes, candies, pastries, and puddings made with fruits, nuts, whole grains, and minimal sugars