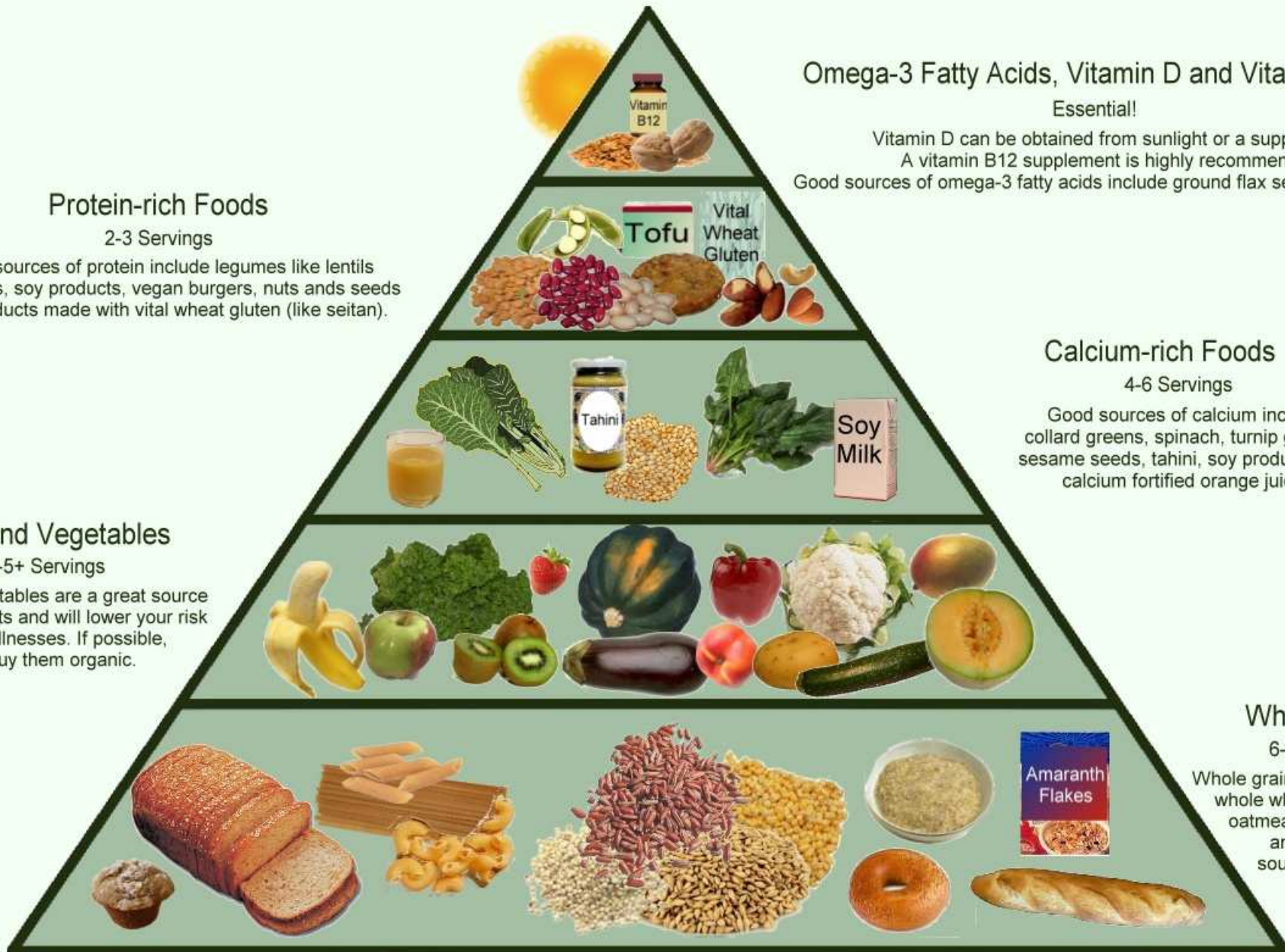


# Vegan Food Pyramid



Omega-3 Fatty Acids, Vitamin D and Vitamin B12

Essential!

Vitamin D can be obtained from sunlight or a supplement.

A vitamin B12 supplement is highly recommended.

Good sources of omega-3 fatty acids include ground flax seeds and walnuts.

## Protein-rich Foods

2-3 Servings

Good sources of protein include legumes like lentils and beans, soy products, vegan burgers, nuts and seeds and products made with vital wheat gluten (like seitan).

## Calcium-rich Foods

4-6 Servings

Good sources of calcium include collard greens, spinach, turnip greens, sesame seeds, tahini, soy products and calcium fortified orange juice.

## Fruits and Vegetables

3-5+ Servings

Fruits and vegetables are a great source of many nutrients and will lower your risk of certain illnesses. If possible, try to buy them organic.

## Whole Grains

6-11 Servings

Whole grains like brown rice, whole wheat bread, pasta, oatmeal, cereals, quinoa and amaranth are a source of energy and contain fiber and many nutrients.