

**HOPEFM JOURNEY TO WHOLENESS**  
**VEGETARIAN FOOD PYRAMID**

We recommend the following vegetarian food pyramid shown below. Plan meals starting at the base of the pyramid. The Vegetarian Food Pyramid shows foods in groups based on the nutrients they provide. Each group is necessary for adequate nutrition.



Follow the Vegetarian Food Pyramid to make daily choices. The number of servings is based on caloric need. If you are sedentary, choose the lower numbers, such as six servings of grains. If very active, choose the 11 servings of grain products. Examples of serving sizes follow:

| Food Group            | Recommended Servings | What Is A Serving   |
|-----------------------|----------------------|---|
| Grains                | 6-11                 | 1 slice of bread, 1/2 cup cooked rice, cereal, or pasta, or 1 cup dried cereal  |
| Fruits and Vegetables | 3-5                  | 1 cup raw or 1/2 cup cooked fruits and vegetables   |
| Dairy or Alternatives | 2-4                  | 1 cup milk or its equivalent or 1 cup cottage cheese or 3/4 cup low-fat yogurt<br>1 cup low-fat dairy milk or 1 cup fortified nonmilk |
| Legumes, Nuts, Seeds  | 2-4                  | 1/2 cup cooked dried beans or peas, 1 egg, 1 ounce of tofu, 1/4 cup nuts, seeds, 2 tablespoons nut butter, 2 egg whites               |

Unless one is at risk for iron deficiency, one does not need to take an iron supplement if one eats daily eats a good serving of green leafy vegetables and a variety of food. Since too much iron generates free radical damage, the best choice is to eat leafy green, legumes, and a little dried fruit (unless one is diabetic) and not take iron-containing supplements. Don't count on getting enough vitamin D from exposure your skin to the sunlight in the winter or if you use sunscreen in summer or have dark skin. It is estimated that 50% of Americans and Western Europeans are deficient.