

# USDA Dietary Guidelines for Vegans

## 🌱 Vegetables (2.5c-eq per day)

**Dark-green vegetables (.25oz = 1/2c)\*:** All fresh, frozen, and canned dark-green leafy vegetables and broccoli, cooked or raw: for example, broccoli; spinach; romaine; kale; collard, turnip, and mustard greens.

\*Increased greens.

**Red and orange vegetables (1c):** All fresh, frozen, and canned red and orange vegetables or juice, cooked or raw: for example, tomatoes, tomato juice, red peppers, carrots, sweet potatoes, winter squash, and pumpkin.

**Starchy vegetables (1c):** All fresh, frozen, and canned starchy vegetables: for example, white potatoes, corn, green peas, green lima beans, plantains, and cassava.

**Other vegetables (1/2c):** All other fresh, frozen, and canned vegetables, cooked or raw: for example, iceberg lettuce, green beans, green peas, onions, cucumbers, cabbage, celery, zucchini, mushrooms, and green peppers. Halve for dried vegetables.



## 🍏 Fruits (2c-eq per day)

All fresh, frozen, canned, and dried fruits (halve) and fruit juices (16oz): for example, oranges and orange juice, apples and apple juice, bananas, grapes, melons, berries, and raisins. .

## 🥛 Dairy (3c-eq per day)

All plant based milks, including fortified soy, nut and rice beverages. Most choices should be fat-free or low-fat.

## 🥜 Protein Foods (3.5oz-eq per day)

**Legumes (2oz-eq = 1/2c):** All cooked from dry or canned beans and peas: for example, kidney beans, white beans, black beans, lentils, chickpeas, pinto beans, split peas.

Does not include green beans or green peas.

**Soy (1oz-eq = 1/4c):** tofu, edamame (green soybeans)

**Nuts & seeds (.5oz-eq = 1/4c):** For example: walnuts, flaxseed, chia seeds ect. should be unsalted. With one extra ounce of nuts, the recommended 27 grams of oil can be achieved.

## 🌾 Grains (6.5oz-eq per day)

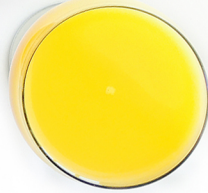
**Whole grains (3.5oz-eq = 1 3/4c):** All whole-grain products and whole grains used as ingredients: for example, whole-wheat bread, whole-grain cereals and crackers, oatmeal, quinoa, popcorn, and brown rice.

**Refined grains (3c):** All refined-grain products and refined grains used as ingredients: for example, white breads, refined grain cereals and crackers, pasta, and white rice. Refined grain choices should be enriched. (1oz-eq = 1/2c of cooked rice, pasta, grains, slice of bread or 1c of breakfast cereal).

💧 Water: 1-4 liters per day | 🧂 Sodium: <1500-2300mg per day

† c-eq = cup equivalent      oz-eq = ounce equivalent      See USDA Guidelines Appendix 3  
‡ based off 2000 calories      Appendix 5 USDA Dietary Guidelines 2015-2020

# 2,000 CAL/DAY DIET



## Breakfast

Amount	Unit	Calories
1c	Rolled oats	320 cal
1½c	Soy milk	120 cal
½c	Mango	50 cal
1 medium	Banana	105 cal
½c	Blueberries	42 cal
1tbsp	Flaxseed	55 cal
1tbsp	Chia seed	47 cal
½c	Orange juice	61 cal



## Lunch

Amount	Unit	Calories
2 slices	Whole wheat bread	222 cal
¼ block	Firm tofu	117 cal
½c	Carrots	14 cal
½c	Spaghetti	113 cal
¼c	Green peas	25 cal
¼c	Tomato sauce	12 cal



## Dinner

Amount	Unit	Calories
¾ c	Brown rice	163 cal
1 medium	White potato	163 cal
½c	Adzuki beans	147 cal
¼c	Mushrooms, white	5 cal
½c	Spinach	21 cal
1tbsp	Sunflower seeds	51 cal



## Snack

Amount	Unit	Calories
¼c	Sweet potato	50 cal
1tbsp	Walnuts	48 cal
1½c	Almond milk	58 cal