Vegan Food Guide Pyramid

Fats
2-3 SERVINGS
unsaturated fats: vegetable oils, avocado, flax

Fruits
2-4 SERVINGS
fresh or frozen fruits, 100% fruit juice, dried fruits

Vegetables
4-6 SERVINGS
dark green vegetables daily plus fresh or frozen vegetables or vegetable juice

Proteins
5-7 SERVINGS
beans, peas, lentils, soy, nuts, seeds or meat analogs; foods fortified with iron, calcium and b-complex vitamins

Grains
6-12 SERVINGS
whole grains and cereals including whole wheat, brown rice, corn, oats, quinoa, barley, millet, wild rice, or teff, fortified breakfast cereals

Office of Health Promotion
Health Services Building, 1st floor
610.519.7407
www.villanova.edu/healthpromotion