**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

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**go to health**

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