



VEGETARIAN LIFESTYLE - FOOD LIST

When you see (*) next to a food, it indicates the food is compliant but should be eaten in moderation, as there are potentially negative effects from overconsumption.

PROTEIN	
COMPLIANT	NON-COMPLIANT
Beans & other legumes (e.g. lentils and chickpeas) Eggs Fermented Soy (tempeh, miso)	Soy (Edamame, Tofu)

VEGETABLES & LEGUMES	
COMPLIANT	NON-COMPLIANT
Most vegetables (e.g. kale, cauliflower, broccoli, beets, carrots, artichokes, green beans, brussels sprouts, mushrooms, cabbage, spinach, parsnips, rutabagas, sunchokes, turnips) Beans & other legumes (e.g. lentils and chickpeas) *Corn *White Potatoes *Sweet Potatoes *Yams Fermented Soy (tempeh, miso)	Soy (Edamame, Tofu) Taro Yuca

FRUIT	
COMPLIANT	NON-COMPLIANT
*All fruits *Dried fruit (e.g. dates, raisins, mangoes) Lemon and lime juice	Dried fruit with added sugar

NUTS & SEEDS	
COMPLIANT	NON-COMPLIANT
*All nuts and seeds, including peanuts *All nut and seed butters, including peanut butter	None

FATS & OILS	
COMPLIANT	NON-COMPLIANT
Butter Avocado oil Avocadoes Olive oil Flaxseed oil Coconut Coconut oil Grapeseed oil Olives Nut oils	Hydrogenated oil
Not recommended: Industrial vegetable and seed oils, including soy, corn, peanut, sunflower, safflower, or canola oils	

GRAINS	
COMPLIANT	NON-COMPLIANT
Quinoa *Rice (white, brown, wild) *Corn tortillas (NOTE: exception to flours of any grains rule) Oats/oatmeal Amaranth Buckwheat	Bread, bagel, muffins, Ezekiel bread Flour tortillas Pasta or noodles of any kind (bean, rice, quinoa) Couscous Barley, pearled barley Cereal Flours of any grains (e.g. rice flour, quinoa flour, corn flour, wheat flour) Potato starch Cornmeal, Polenta Farro Wheat berries

ALCOHOL & BEVERAGES	
COMPLIANT	NON-COMPLIANT
Water Coffee *Beet juice Vegetable juice Coconut water Tea *Carrot juice Kombucha Wine or Spirits - Limit 1 per week	Beer Soda - diet or regular Fruit juice

DAIRY	
COMPLIANT	NON-COMPLIANT
Butter Whey protein Kefir Cottage cheese Yogurt	Cow, goat: Milk Buttermilk Cheese Sour cream Cream

SUGAR & SWEETENERS	
COMPLIANT	NON-COMPLIANT
Stevia Monkfruit Coconut sugar and nectar	All other forms of sugar, sweeteners, and artificial sweeteners, including white, brown, turbinado, evaporated cane juice, honey, agave, maple syrup, molasses, aspartame, sucralose, NutraSweet

SNACKS & ARTIFICIAL INGREDIENTS	
COMPLIANT	NON-COMPLIANT
*Sweet potato "fries," BAKED or FRIED *White potato "fries," BAKED *Baked chips (sweet potato, white potato, vegetable) Hummus *Arrowroot powder (thickener) *Guar gum *Tapioca starch (thickener) *Xanthan gum *Natural and artificial flavors and colors	White potato "fries," FRIED (french fries) Fried chips of any kind Popcorn Benzoates Hydrogenated Oil MSG Nitrates and nitrites