



VEGETARIAN PERFORMANCE - 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) *Sweet Potatoes Winter squash (butternut, acorn, pumpkin) *Yams Fermented Soy (tempeh, miso)	Corn White potatoes 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, except peanuts *All nut and seed butters, except peanut butter	Peanuts Peanut Butter

FATS & OILS	
COMPLIANT	NON-COMPLIANT
Butter Avocado oil Avocados Olive oil Flaxseed oil Coconut Coconut oil Grapeseed oil Olives Nut oils	Hydrogenated oil Industrial vegetable and seed oils, including soy, corn, peanut, sunflower, safflower, or canola oils

GRAINS	
COMPLIANT	NON-COMPLIANT
Quinoa *Rice (white, brown, wild) Amaranth Buckwheat	Bread, bagel, muffins, Ezekiel bread Oats/oatmeal Tortillas, corn or flour Pasta or noodles of any kind (bean, rice, quinoa) Couscous Barley, pearly 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	Beer, Wine, or Spirits Soda - diet or regular Fruit juice

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

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

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