

FOOD GUIDE PYRAMID

FATS, OILS, AND SWEETS — use sparingly

**MILK, YOGURT, AND
CHEESE GROUP**
2–3 servings daily

Vegans need vegetable oil (1 T) daily. Recommend Blackstrap molasses, must include B12)

**DRY BEANS, NUTS, SEEDS, EGGS, AND MEAT
SUBSTITUTES GROUP — 2–3 servings daily**

VEGETABLE GROUP:
3-5 servings daily

FRUIT GROUP — 2-4 servings daily

**BREAD, CEREAL,
RICE, AND PASTA
GROUP—**

6–11 servings daily

Vegans count starchy vegetables here: corn, potatoes

Source: National Center for Nutrition and Dietetics
The American Dietetic Association
Based on the USDA Food Guide Pyramid

©ADAF 1997. Reproduction of this fact sheet is permitted for educational purposes. Reproduction for sales purposes is not permitted.