

# Plant-Based Dietitian's Food Guide Pyramid<sup>©</sup>

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## *High-fat whole foods*

such as: avocados, nuts, olives;  
whole food-sweetened treats; dairy  
substitutes such as oat, almond, rice, and soy  
Use Sparingly.

## *Leafy, Green Vegetables*

such as collards, spinach, and kale  
Eat at least 2-3 servings  
(1 cup raw or 1/2 cup cooked) per day.

## *Whole grains*

such as brown rice, barley, quinoa,  
oats, amaranth, whole wheat, whole  
grain pasta, and sprouted grains.  
6-11 servings (1/2 cup cooked or  
1 slice whole grain bread) daily.

## *Fruit* (all types)

Consume 2-4 servings  
(1 piece or 1/2 cup)  
everyday.

## *Legumes*

(beans, peas, lentils and seeds)  
Consume 2-3 servings  
(1/2 cup cooked legumes or 1 Tbsp seeds)  
every day.

## *Vegetables*

(all types,  
including starchy)  
Eat as much and as many  
different colors as possible  
each day.



*Drink plenty of pure water and some tea everyday.  
Exercise at least 1 hour everyday*