

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.

When you see (***) next to a food, it indicates the food is compliant in moderation but consider avoiding this food altogether.

PROTEIN			
COMPLIANT		NON-COMPLIANT	
Beans & other legumes (e.g. lentils and chickpeas) Eggs	Fermented Soy (tempeh, miso) Soy (Edamame, Tofu)	Textured vegetable protein Soy protein isolate	Plant based "meats" Seitan
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)		Taro Yuca	
*Corn *White Potatoes	*Yams *Sweet Potatoes	Fermented Soy (tempeh, miso) Beans & other legumes (e.g. lentils and chickpeas)	
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, without added sugar		None	
FATS & OILS			
COMPLIANT		NON-COMPLIANT	
Butter Coconut oil	Ghee Flaxseed oil	Olive oil Nut / seed oils	Avocado oil Hydrogenated oil Industrial vegetable and seed oils, including soybean, corn, peanut, sunflower, safflower, grapeseed, 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 Pasta or noodles from yam or kelp		Bread, bagel, muffins, Ezekiel bread Cereals (other than oatmeal) Flour tortillas Couscous Barley, pearled barley 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 Coconut water	Coffee Tea	*Beet juice *Carrot juice	Vegetable juice *Kombucha
***Wine or Spirits - Limit 1 Drink per week		Beer, Hard Cider, Hard Seltzer Soda - diet, regular, zero-sugar, etc. Fruit juice	
DAIRY			
COMPLIANT		NON-COMPLIANT	
Butter Kefir	Whey protein Cottage cheese	Yogurt	Cow, goat: Milk Cheese Cream Buttermilk Sour 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) *Arrowroot powder (thickener) *Tapioca starch (thickener)	Hummus *Guar gum *Xanthan gum *Natural and artificial flavors and colors	White potato "fries," FRIED (french fries) Fried chips of any kind, including vegetable Popcorn Benzoates	Hydrogenated Oil MSG Nitrates and nitrites