



# VEGETARIAN LIFESTYLE

## COMPLIANT & NON-COMPLIANT FOODS

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 or 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) *Corn *White potatoes *Sweet Potatoes *Yams Winter squash (butternut, acorn, pumpkin) *Beans or other legumes (e.g. lentils and chickpeas) Soy, fermented (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

### COMPLIANT

### NON-COMPLIANT

\*All nuts and seeds, including peanuts  
 \*All nut and seed butters, including peanut butter

None

## FATS & OILS

### COMPLIANT

### NON-COMPLIANT

Olive oil  
 Coconut oil  
 Butter  
 Avocado oil  
 Flaxseed oil  
 Grapeseed oil  
 Nut oils

Avocados  
 Coconut  
 Olives

**Not Recommended:**

Industrial vegetable and seed oils, including soy, corn, peanut, sunflower, safflower, or canola oils

Hydrogenated oils

## GRAINS

### COMPLIANT

### NON-COMPLIANT

Quinoa  
 \*Rice (white, brown, wild)  
 \*Corn tortillas (NOTE: exception to flours of any grains rule)  
 Oats and oatmeal  
 Amaranth  
 Buckwheat

Bread, bagels, muffins  
 Flour tortillas  
 Pasta or noodles of any kind (bean, rice, quinoa)  
 Couscous  
 Cereal  
 Flours of any grains (e.g. rice flour, quinoa flour, corn flour, wheat flour)  
 Potato starch

## ALCOHOL & BEVERAGES

### COMPLIANT

Coconut water  
 Coffee  
 Kombucha  
 \*Beet juice  
 Wine or Spirits - Limit 1 per week

Tea  
 Vegetable juice  
 Water  
 \*Carrot juice

### NON-COMPLIANT

Beer  
 Fruit juice  
 Soda - diet or regular

## DAIRY

### COMPLIANT

Butter  
 Kefir  
 Yogurt  
 Whey protein  
 Cottage cheese

### NON-COMPLIANT

Cow, goat:

Milk  
 Cheese  
 Cream

Buttermilk  
 Sour cream

## SUGAR & SWEETENERS

### COMPLIANT

Stevia  
 Monkfruit  
 Coconut sugar and nectar

### NON-COMPLIANT

All other forms of sugar, sweeteners, and artificial sweeteners, including white, brown, turbinado, evaporated cane juice, honey, agave, maple syrup, molasses, aspartame, sucralose, NutraSweet

## SNACK FOODS & ARTIFICIAL INGREDIENTS

### COMPLIANT

\*Sweet potato "fries," BAKED or FRIED  
 \*White potato "fries," BAKED  
 \*Baked chips (sweet potato, white potato, vegetable)  
 Hummus  
 \*Arrowroot powder  
 \*Guar gum  
 \*Tapioca starch  
 \*Xanthan gum  
 \*Natural and artificial flavors and colors

### NON-COMPLIANT

White potato "fries," FRIED (french fries)  
 Fried chips of any kind, including vegetable  
 Popcorn  
 Benzoates  
 Hydrogenated oil  
 MSG  
 Nitrates and nitrites