



## VEGETARIAN PERFORMANCE

# 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 & 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) *Sweet Potatoes, baked or boiled Winter squash (butternut, acorn, pumpkin) *Yams Beans & other legumes (e.g. lentils and chickpeas) Soy, fermented (tempeh, miso)	Corn White potatoes Soybeans (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

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

### NON-COMPLIANT

Peanuts  
Peanut butter

## FATS & OILS

### COMPLIANT

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

Avocados  
Coconut  
Olives

### NON-COMPLIANT

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

## GRAINS

### COMPLIANT

Quinoa  
Rice (brown, white, wild)  
Amaranth  
Buckwheat

### NON-COMPLIANT

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

## ALCOHOL & BEVERAGES

COMPLIANT		NON-COMPLIANT
Coconut water	Tea	Beer, Wine, or Spirits
Coffee	Vegetable juice	Fruit juice
Kombucha	Water	Soda - diet or regular
Beet juice*	Carrot 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		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
Monkfruit		

## SNACK FOODS & ARTIFICIAL INGREDIENTS

COMPLIANT		NON-COMPLIANT
*Sweet potato "fries" or chips, BAKED ONLY Baked vegetable chips 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 Benzoates Guar gum Hydrogenated oil MSG Natural and artificial flavors and colors Nitrates and nitrites Tapioca starch Xanthan gum