



## VEGETARIAN

# NUTRITION LEVELS COMPARISON CHART

When you see \* next to "Yes," it indicates foods that are compliant but should be eaten in moderation, as there are potentially negative effects from overconsumption.

| PROTEIN  | PERFORMANCE | LIFESTYLE | KICK START |
|--|-------------|-----------|------------|
| Beans and legumes (e.g. lentils and chickpeas)                                     | Yes         | Yes       | Yes        |
| Eggs   | Yes         | Yes       | Yes        |
| Fermented soy (tempeh, miso)   | Yes         | Yes       | Yes        |
| Soy (edamame, tofu)  | No          | No        | Yes        |
| VEGETABLES & LEGUMES   | PERFORMANCE | LIFESTYLE | KICK START |
| Most veggies   | Yes         | Yes       | Yes        |
| Winter squashes  | Yes         | Yes       | Yes        |
| Sweet potatoes, yams   | Yes*        | Yes*      | Yes*       |
| White potatoes, corn   | No          | Yes*      | Yes*       |
| Beans and legumes (e.g. lentils and chickpeas)                                     | Yes         | Yes       | Yes        |
| FRUIT  | PERFORMANCE | LIFESTYLE | KICK START |
| All fruits   | Yes*        | Yes*      | Yes*       |
| Lemon and lime juice   | Yes         | Yes       | Yes        |
| NUTS   | PERFORMANCE | LIFESTYLE | KICK START |
| Most nuts and seeds (including nut butters)  | Yes*        | Yes*      | Yes*       |
| Peanuts (including peanut butter)  | No          | Yes*      | Yes*       |
| FATS & OILS  | PERFORMANCE | LIFESTYLE | KICK START |
| Olive oil, coconut oil, avocado oil, butter, nut oils, flaxseed oil, grapeseed oil | Yes         | Yes       | Yes        |
| Avocados, coconuts, olives   | Yes         | Yes       | Yes        |
| Industrial vegetable & seed oils - Canola, corn, peanut, safflower, soy, sunflower | No          | Yes*      | Yes*       |
| Hydrogenated oils  | No          | No        | Yes*       |

| <b>GRAINS</b>  | <b>PERFORMANCE</b> | <b>LIFESTYLE</b>  | <b>KICK START</b> |
|--|--------------------|-------------------|-------------------|
| Rice (white, brown, wild), quinoa, oatmeal, buckwheat, amaranth                    | <b>Yes*</b>        | <b>Yes</b>        | <b>Yes</b>        |
| Corn tortillas, oatmeal  | <b>No</b>          | <b>Yes*</b>       | <b>Yes*</b>       |
| Flour of any grain (rice flour, quinoa flour, corn flour, wheat flour)             | <b>No</b>          | <b>No</b>         | <b>No</b>         |
| Bread, bagels, muffins, flour tortillas  | <b>No</b>          | <b>No</b>         | <b>No</b>         |
| Pasta or noodles of any kind (bean, rice, quinoa), cereals                         | <b>No</b>          | <b>No</b>         | <b>No</b>         |
| <b>ALCOHOL &amp; BEVERAGES</b>   | <b>PERFORMANCE</b> | <b>LIFESTYLE</b>  | <b>KICK START</b> |
| Coffee, tea, kombucha, coconut water   | <b>Yes</b>         | <b>Yes</b>        | <b>Yes</b>        |
| Vegetable juice  | <b>Yes*</b>        | <b>Yes*</b>       | <b>Yes*</b>       |
| Wine and spirits   | <b>No</b>          | <b>1 per week</b> | <b>1 per day</b>  |
| Fruit juice, milk  | <b>No</b>          | <b>No</b>         | <b>Yes*</b>       |
| Soda - regular & diet  | <b>No</b>          | <b>No</b>         | <b>No</b>         |
| Beer   | <b>No</b>          | <b>No</b>         | <b>No</b>         |
| <b>DAIRY</b>   | <b>PERFORMANCE</b> | <b>LIFESTYLE</b>  | <b>KICK START</b> |
| Butter   | <b>Yes</b>         | <b>Yes</b>        | <b>Yes</b>        |
| Yogurt, kefir, whey protein, cottage cheese  | <b>No</b>          | <b>Yes</b>        | <b>Yes</b>        |
| Milk, cream, buttermilk, sour cream  | <b>No</b>          | <b>No</b>         | <b>Yes*</b>       |
| Cheese   | <b>No</b>          | <b>No</b>         | <b>No</b>         |
| <b>SUGAR &amp; SWEETENERS</b>  | <b>PERFORMANCE</b> | <b>LIFESTYLE</b>  | <b>KICK START</b> |
| Stevia, monkfruit  | <b>Yes</b>         | <b>Yes</b>        | <b>Yes</b>        |
| Coconut sugar and nectar   | <b>No</b>          | <b>Yes</b>        | <b>Yes</b>        |
| White / brown sugar, honey, maple syrup, agave, other sweeteners                   | <b>No</b>          | <b>No</b>         | <b>Yes*</b>       |
| Dessert, candy, and sweets   | <b>No</b>          | <b>No</b>         | <b>No</b>         |
| <b>SNACKS &amp; ARTIFICIAL INGREDIENTS</b>   | <b>PERFORMANCE</b> | <b>LIFESTYLE</b>  | <b>KICK START</b> |
| Sweet potato or vegetables "fries" or chips, BAKED                                 | <b>Yes*</b>        | <b>Yes*</b>       | <b>Yes*</b>       |
| White potato "fries," BAKED  | <b>No</b>          | <b>Yes*</b>       | <b>Yes*</b>       |
| Sweet potato "fries," FRIED  | <b>No</b>          | <b>Yes*</b>       | <b>Yes*</b>       |
| Hummus   | <b>Yes</b>         | <b>Yes</b>        | <b>Yes</b>        |
| Guar gum, xanthan gum, arrowroot, tapioca, natural or artificial flavors or colors | <b>No</b>          | <b>Yes*</b>       | <b>Yes*</b>       |
| Nitrates, nitrites, benzoates, MSG, hydrogenated oils                              | <b>No</b>          | <b>No</b>         | <b>Yes*</b>       |
| Popcorn  | <b>No</b>          | <b>No</b>         | <b>Yes*</b>       |
| Fried chips of any kind, White potato "fries," FRIED (french fries)                | <b>No</b>          | <b>No</b>         | <b>No</b>         |