WHAT SHOULD I EAT?!

OUR 3-STEP GUIDE TO CHOOSING THE BEST PLANT FOODS FOR YOUR BODY

Fully plant-based/ vegan edition

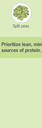
This easy-to-use chart shows you how to make healthier nutrition choices for achieving your goals, while enjoying the plant-based foods you love.

1 KNOW YOUR FOODS

A carefully considered plant-based diet will help you to avoid deficiencies. That said, you don't have to brand anything completely off-limits. Think of food on a spectrum from "eat more" to "eat less."

EAT MORE

PROTEIN



These only count as your protein source if a more protein-rich option (such as above) is also eaten. They don't count as your protein or carbohydrate source as they contain more carbohydrates than protein.

Prioritize lean, minimally-processed sources of protein.

CARBS

Protein-rich

Whole or sprouted grain bagels, breads, English muffins, pastas, and wraps

Not-so-protein-rich

Focus on whole, minimally processed sources of carbohydrates that pack lots of nutrition and fiber, and include a mix of starches and colorful fruits.

FATS

Protein-rich

Not-so-protein-rich

Aim for a mix of whole-food fats from nuts and seeds, blended whole foods (like nut butters), and pressed oils (like olive and avocado).

Protein-rich carbohydrates and fats can help plant-based eaters better meet their protein needs. To learn more, check out: https://www.precisionnutrition.com/plant-based-protein

EAT SOME

PROTEIN

These only count as your protein source if a more protein-rich option (as above) is also eaten. They don't count as your protein or carbohydrate source as they contain more carbohydrates than protein.

CARBS

Protein-rich

White bagels, breads, English muffins, pastas, and wraps

Not-so-protein-rich

FATS

Protein-rich

Often rich in carbohydrates as well, with sources of varying quality.

Not-so-protein-rich

These naturally-lived oils are high in omega-3 polyunsaturated fats and contain little saturated fats and no trans fats.

EAT LESS

PROTEIN

Burgers, sausages, hot dogs

This includes items such as Impossible, Beyond, Boca, and Tofurky. Most of these are highly processed, plant-based joint protein, along with added oils, salts, sugars, flavors, and colors.

CARBS

Not-so-protein-rich

These foods are also rich sources of fats, so be mindful of both their carbohydrate and fat content.

FATS

Not-so-protein-rich

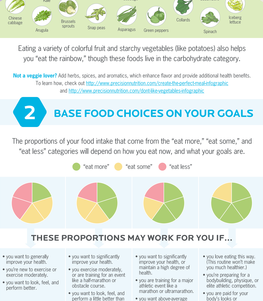
Alcohol

Alcohol is a distinct macronutrient with unique info and benefits. But if you're being mindful of your intake, we recommend including it in the "eat less" zone (and for consumers, and tracking your intake (e.g. 12 carb portions) instead of fat portions). It has been linked to a number of negative consequences with your health and fitness goals.

Wondering about portions? Check out http://www.precisionnutrition.com/nutritioncalculator

VEGETABLES

Veggies are always an "eat more" food. To get a variety of nutrients, try to "eat the rainbow!"



Eating a variety of colorful fruit and starchy vegetables (like potatoes) also helps you "eat better" overall, though these foods live in the carbohydrate category.

Not a veggie lover? Add herbs, spices, and aromatics, which enhance flavor and provide additional health benefits. To learn how, check out http://www.precisionnutrition.com/cook-the-perfect-meal-infographic and http://www.precisionnutrition.com/dont-like-vegetables-infographic

2 BASE FOOD CHOICES ON YOUR GOALS

The proportions of your food intake that come from the "eat more," "eat some," and "eat less" categories will depend on how you eat, and what your goals are.

THESE PROPORTIONS MAY WORK FOR YOU IF...

- you want to generally improve your health.
- you're new to exercise or exercise moderately.
- you want to look, feel, and perform better.

- you want to significantly improve your health.
- you exercise moderately, 3-5 times per week, or like a half-marathon or obstacle course.
- you want to look, feel, and perform a little better than average.

- you want to significantly improve your health, or maintain a high degree of health.
- you are training for a major athletic event like a marathon or ultra-marathon.
- you want above-average performance, athletic performance, and/or recovery.

- you love eating this way.
- you're an athlete who wants to push healthier.)
- you're preparing for a bodybuilding, physique, or elite athletic competition.
- you are paid for your body's looks or performance.

3 ADJUST FOR YOUR PREFERENCES AND LIFESTYLE

Your "eat more," "eat some," and "eat less" list is unique to you and may evolve as your goals, likes, and dislikes shift over time. Use the table below to note your preferred foods.

CREATE YOUR OWN SPECTRUM

PROTEIN	CARBS	FATS	VEGGIES
Green foods I like or want to try:	Green foods I like or want to try:	Green foods I like or want to try:	Red, orange and yellow veggies:
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
Yellow foods I want to incorporate:	Yellow foods I want to incorporate:	Yellow foods I want to incorporate:	Green, blue and purple veggies:
1	1	1	1
2	2	2	2
3	3	3	3
Red foods I want to indulge in:	Red foods I want to indulge in:	Red foods I want to indulge in:	White veggies:
1	1	1	1
2	2	2	2

HOW TO ADD FOODS TO THE SPECTRUM

At some point, you're going to want to eat foods that aren't on our spectrums. Here's how to categorize them.

FIRST, FIGURE OUT THE MACRO CATEGORY:

- **Which macronutrient delivers the majority of the calories?** Classifying a food as the macronutrient that delivers the most calories is generally a safe bet.
- **Which eating style do you follow?** For example, with most approaches, butternut squash would count as a veggie. For someone eating low-carb or keto, it might be a source of carbohydrates.
- **How is this food commonly eaten?** Perhaps as a protein, starchy side, or fat-rich topping!

NOW, DETERMINE ITS PLACE ON THE SPECTRUM:

How close is it to a whole food?

Generally, the more processed a food, the further it moves toward "eat less."

REMEMBER, YOU'RE THE BOSS

We've given you some ideas to get started. But YOU know best what works for you. Sustainable nutrition always prioritizes:

- ✓ **the foods and flavors you truly enjoy,**
- ✓ **the things you know how to cook or prep,**
- ✓ **and the portions that make sense for YOU.**

For the full article explaining this infographic, visit: http://www.precisionnutrition.com/fully-plant-based-foods-infographic

PrecisionNutrition