

VEGAN FOOD PYRAMID

COCONUT OIL FOR COOKING
INCREASES GOOD
HDL CHOLESTEROL

AVOCADO SUPPORTS HEALTH
BUT IS MOSTLY FAT
RESTRICT USE

LEGUMES & GRAINS
PROTEINS &
CARBOHYDRATES
10% OF DIET

NUTS & SEEDS
GOOD FAT, FIBER,
& PROTEIN
10% OF DIET

FRUITS &
VEGETABLES
70-80%
OF DIET





Fruits and vegetables should be the staple of the diet. Naturally, they are the foods that are most easily available. You walk up to a tree or plant and pick some fruit or leaves and start eating. Fruits and vegetables are the foods most concentrated with micronutrients, which include vitamins, minerals, and phytonutrients. These micronutrients support organ health and repair, and fight disease in the body. Fruits and vegetables are also loaded with carbohydrates that are the best source of energy for the body. They are quick burning so they provide us with quick energy. Since they burn quickly there is also less chance they will be stored in the body and contribute to weight gain. A diet consisting of 80% carbohydrates from fruits & vegetables keeps the body energized and full of nutrients to fight off disease.



Nuts contain high amounts of fat, but also fiber and other nutrients that help to control the absorption of fat into the bloodstream. These nuts are high in omega-3 fatty acids, which reduce inflammation and support brain health. Did you know the brain is made up of sixty percent fatty acids, and most of it is an omega-3 fatty acid called DHA? The body converts the omega-3 found in these nuts into DHA, which is important for memory and behavioral function. The body only needs around 10% of its daily total calories to come from fat.



Seeds come in different nutritional flavors and their use varies depending on their makeup. Most seeds contain a lot of fat and they may be used for their oil. Sesame seeds are used to make tahini sauce which is used on salads. They are also used to make tahini butter, which can be used as a spread on bread. Quinoa is a special seed and its makeup consists of a lot of protein. Quinoa is called a pseudo-grain because its makeup is similar that of grains, and it is often cooked like rice.



Legumes like chickpeas and green peas are good sources of vegetable protein and carbohydrates. These legumes are preferable over others because they are easy on the digestive system. The knock on many beans, even though they are good sources of protein, is they are often harsh on the digestive system on cause gas. If you are looking for concentrated protein sources either legumes or grains can be that source. The body only needs 10% of its daily total calories to come from protein.



Grains, like legumes, are good sources of vegetable protein and carbohydrates. The most commonly eaten grain is a form of wheat called common wheat. This crop is mostly a GMO crop that has been engineered to increase its gluten content and to make it resistant to pesticides. Many people nowadays are affected by some sort of gluten illness and it is likely due to this form of wheat and its processing. People now look for older organic forms of wheat, like kamut, that isn't GMO or treated heavily with harmful chemicals.



Don't forget to drink plenty of water. It is recommended that men drink a gallon of water a day and women drink 3/4 gallon of water a day. Many people are dehydrated and are not aware of it. Our bodies are made up of an average of 65% water. Correct water levels are essential for healthy living. Many times when we think we are hungry our bodies are actually calling for water and not food.

You can find vegan foods that alkalize the body and support healthy living on the [vegan shopping list](#) and [nutritional guide](#) . The "Vegan Food Pyramid" infographic is provided by [Natural Life Energy](http://www.naturallifeenergy.com) (<http://www.naturallifeenergy.com>).