

Plant-Based Diet Food List

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Fruits

Apples

Bananas

Berries (strawberries, blueberries, raspberries)

Oranges

Grapes

Mangoes

Pineapples

Avocados

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Vegetables

Leafy greens (spinach, kale, arugula)

Cruciferous vegetables (broccoli, cauliflower, Brussels sprouts)

Root vegetables (carrots, sweet potatoes, beets)

Peppers (bell peppers, chili peppers)

Squash (zucchini, butternut squash)

Tomatoes

Cucumbers

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Whole Grains

Brown rice

Quinoa

Oats

Barley

Bulgur

Whole wheat products (bread, pasta)

Millet

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Legumes

Lentils (red, green, brown)

Chickpeas

Black beans

Kidney beans

Navy beans

Split peas

Edamame

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Nuts and Seeds

Almonds

Walnuts

Cashews

Chia seeds

Flaxseeds

Hemp seeds

Sunflower seeds

Pumpkin seeds

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Plant-Based Proteins

Tofu

Tempeh

Seitan

Plant-based meat alternatives (read labels for low processing)

Nutritional yeast

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Dairy Alternatives

Almond milk

Soy milk

Oat milk

Coconut milk

Cashew milk

Plant-based yogurts

Plant-based cheeses

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Oils and Fats

Olive oil

Coconut oil

Avocado oil

Nut butters (peanut, almond)

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Condiments and Spices

Tamari or soy sauce

Tahini

Miso paste

Apple cider vinegar

Herbs (basil, cilantro, parsley)

Spices (turmeric, cumin, paprika)

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Snacks

Fresh fruit

Vegetable sticks with hummus

Nuts and seeds

Popcorn

Rice cakes

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Beverages

Water

Herbal teas

Freshly squeezed juices

Smoothies