

VEGAN FOOD GUIDE

DAILY PLAN FOR HEALTHY LIFESTYLE

We ~~should~~ ^{Get} at least 60 minutes of physical activity each day.



Other Essentials -SOURCES OF:
Omega-3 Fatty Acids
Vitamin B12
Vitamin D

**Fortified Soymilk
& Alternates**

**Beans & Bean
Alternates**

Vegetables

Fruit

Grains

Eat a variety of foods from each of the food groups.
Drink 6-8 glasses of clean water and/be side other fluids each day.
Limit intake of concentrated fats, oils, and added sugars, if used.

