

# WHAT SHOULD I EAT?!

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

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.

### Fullyplant-based/vegan edition



#### 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



Tempeh



Tofu



Edamame

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These only count as your protein source if a more protein-rich option (such as above) is not in the meal. Otherwise, they count as a carbohydrate source (as they contain more carbohydrates than protein).



Lentils

French, red, green, black, brown



Beans

Navy, lima, kidney, black, great northern, garbanzo



Split peas



Black-eyed peas

**Prioritize lean, minimally-processed sources of protein.**

## CARBS

### Protein-rich



Beans and lentils



Steel-cut, rolled, and old-fashioned oats



Buckwheat



Farro



Amaranth



Quinoa



Wild rice



Taro



Corn



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

### Not-so-protein-rich



Barley



Sorghum



Millet



Whole-grain and black rice



Potatoes



Fresh and frozen fruit



Sweet potatoes

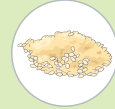


Yuca

**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



Hemp seeds



Peanuts & natural peanut butter



Pumpkin seeds & pepitas



Pistachios



Almonds & almond butter



Sunflower seeds & sunflower seed butter



Flax seeds



Chia seeds

### Not-so-protein-rich



Extra virgin olive oil



Marinades and dressings with oils in this category



Walnut oil



Avocado and avocado oil



Fresh unprocessed coconut



Olives



Pesto made w/ extra virgin olive oil



Cashews



Walnuts (black walnuts are higher in protein)



Brazil nuts



Pecans

**Aim for a mix of whole-food fats (like 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



Plant-based protein powders



Textured vegetable protein



Tempeh bacon



Soy yogurt, unsweetened



Seitan

.....

These only count as your protein source if a more protein-rich option (such as above) is not in the meal. Otherwise, they count as a carbohydrate source (as they contain more carbohydrates than protein).



Black bean burgers



Traditional veggie burgers

## CARBS

### Protein-rich



Granola



Instant or flavored oats



Whole-grain crackers



Pancakes and waffles



Oat-based granola bars



Bean and pulse pasta



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

### Not-so-protein-rich



Couscous



Canned, dried, and pureed unsweetened fruit



White rice



Vegetable juices

## FATS

### Protein-rich



Regular peanut butter



Soy, pea, or hemp milk, unsweetened



Trail mix

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

### Not-so-protein-rich



Virgin and light olive oil



Expeller pressed canola oil



Sesame oil



Flaxseed oil



Marinades and dressings with oils in this category



Peanut oil



Coconut oil / milk



Dark chocolate



Flavored nuts and nut butters



Algae oil

.....

These naturally-bred oils are high in heart-healthy monounsaturated fats and contain little saturated fats and no trans fats.



High oleic safflower oil



High oleic sunflower oil

# EAT LESS

## PROTEIN



Plant-based protein bars



Plant-based meats

Burgers, sausages, hot dogs

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

## CARBS

### Not-so-protein-rich



Cereal bars



Fruit juices



Juice drinks



Soda



Pretzels



Crackers



Sugar



Almond, oat, coconut, flax, and rice milk, sweetened



Honey, molasses, syrups, and jellies



Sweetened energy and sports drinks



Foods w/10+g added sugar



Canned, dried, pureed fruit w/added sugar

## FATS

### Not-so-protein-rich



Margarine



Corn oil



Cottonseed oil



Sunflower oil



Canola oil



Soybean oil



Safflower oil



Marinades and dressings with oils in this category



Vegetable oil



Hydrogenated oils and trans fats



Shortening

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



Chips



Fries



Plant-based ice cream and frozen yogurt



Fat-rich foods w/ 10+g added sugar



Candy bars



Pastries



Donuts



Cookies



Muffins



Cakes



## Alcohol

Alcohol is a distinct macronutrient with unique risks and benefits. But if you're being mindful of your intake, we recommend including it in the "eat less" carb and fat categories, and tracking your intake (e.g. "6 carb portions today; 4 from food, 2 from beer"). This helps you align alcohol consumption with your health and fitness goals.



# 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 the rainbow,” 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/create-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 now, and what your goals are.

● “eat more” ● “eat some” ● “eat less”



### 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, or are training for an event 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 ultramarathon.
- you want above-average body composition, athletic performance, and/or recovery.
- you love eating this way. (This routine won't make you much 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

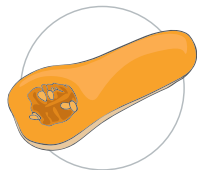
At some point, you're going to want to eat foods that aren't on our spectrums. Here's how to categorize them.

## 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.



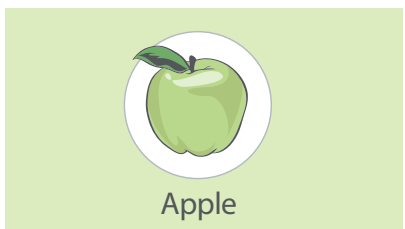
- **How is this food commonly eaten?**

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.”



Apple



Applesauce



Apple juice

## 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.**

