








Vegetarian Foods


Grains/Beans/Starchy Vegetables	Serving Size	Carb Choices
Barley, cooked	½ cup	1
Beans, dried, cooked	½ cup	1
Brewer's yeast	3 Tbsp	1
Buckwheat flour, dark or light	½ cup	1
Buckwheat groats, cooked (kasha)	½ cup	1
Bulgur, cooked	½ cup	1
Bulgur, dry	2 Tbsp	1
Carob flour	2 Tbsp	1
Chapati, 6" (15 cm) across	1 chapati	1
Couscous	½ cup	1
Millet, cooked	¾ cup	1
 Miso	3 Tbsp	1
Parsnip	¾ cup	1
Peas, dried, cooked	½ cup	1
Plantain	½ cup	1
Pocket bread, pita, 4½" (11.5 cm) across	½ pita	1
Polenta, cooked	½ cup	1
Quinoa, cooked	½ cup	1
Rice cake, 3" (7.5 cm) across	2 cakes	1
Rye flour	3 Tbsp	1
Soy flour, low-fat	½ cup	1
Sweet potatoes or yams	½ cup	1
Wheat berries, cooked	¾ cup	1
Wheat germ, toasted	¼ cup	1
Wild rice, cooked	½ cup	1



Milk/Yogurt	Serving Size	Carb Choices
 Goat milk	1 cup	1
 Kefir	1 cup	1
Rice Dream®	¾ cup	1
 Soymilk, plain or flavored	1 cup	1-2
 Soymilk, light	1 cup	1-2

Combination Foods*	Serving Size	Carb Choices
Bean soup	1 cup	2
Black bean enchilada, 8" (20 cm) long	1 enchilada	2
Falafel, 2" (5 cm) across	3 patties	1
Garden burger, 2-3 ounces (60-90 grams)	1 burger	½-1
Hummus	¼ cup	½
 Split pea soup	1 cup	2
 Tabouli	½ cup	1
Vegetable lasagna, 3" x 4" (7.5 cm x 10 cm)	1 piece	2
Vegetable stir-fry	2 cups	1
Vegetarian chili	1 cup	2
Veggie burger, 2-3 ounces (60-90 grams), no bun	1 burger	1

Vegetables	Serving Size	Carb Choices
Alfalfa sprouts	1 cup	0
Artichoke	½ medium	0
Bean sprouts (alfalfa, mung, or soy)	1 cup raw or ¾ cup cooked	0
Carrot juice	¼ cup	0
Eggplant, 1" (2.5 cm) cubes	¾ cup	0
Jicama	½ cup	0
Kohlrabi	½ cup	0
Leeks, cooked or raw	½ cup	0
Rutabaga, cooked	½ cup	0
Seaweed or kelp, soaked	½ cup	0
Tomato or vegetable juice	½ cup	0

*Recipes can be modified to reduce fat and salt content.  High in fat  High in salt (sodium)

Meat Substitutes	Serving Size	Carb Choices
 Bacon, Canadian, meatless	2 slices	.0
Natto	¼ cup	.0
Nuts (almonds, unsalted peanuts, etc.)	¼ cup	.0
Soy grits	2 Tbsp	.0
Soybeans, cooked	⅓ cup	.0
Tempeh	½ cup	.0
Tofu	½ cup or 4 oz.	.0
Vegetable protein, textured	3 Tbsp	.0

Fats	Serving Size	Carb Choices
 Bacon, simulated meat	3 strips	.0
Coconut milk	1 Tbsp	.0
Coconut, shredded, fresh	3 Tbsp	.0
Lecithin	2 tsp	.0
 Olive, all varieties	5 large	.0
Tahini sesame paste	½ Tbsp	.0
Tofu cream cheese	1 Tbsp	.0
Tofu mayonnaise	1½ Tbsp	.0

Sample Menu for Vegetarian Foods

Most food plans include three to four carbohydrate choices (45–60 carbohydrate grams) at each meal and one to two choices (15–30 carbohydrate grams) at each snack.

Carbohydrate Grams	=	Carbohydrate Choices
15 grams	=	1 choice
30 grams	=	2 choices
45 grams	=	3 choices
60 grams	=	4 choices
75 grams	=	5 choices

Breakfast (4 choices)

- ¾ cup unsweetened cereal
- 1 cup low-fat milk*
- 1 slice whole wheat toast
- 1 teaspoon margarine or butter
- ½ grapefruit or ½ cup fruit juice

Snack (1 choice)

- 1 small banana

Lunch (4 choices)

- 1½ cups black bean soup
- 1 whole wheat roll
- 1 teaspoon margarine or butter
- 1 cup steamed broccoli, cauliflower, carrots

Snack (2 choices)

- 24 mini twist pretzels
- Mustard for dipping

Dinner (4 choices)

- Bean burrito with 1 tortilla, 6" (15 cm);
- ½ cup vegetarian style refried beans;
- 1 ounce (30 grams) cheddar cheese**;
- lettuce; diced tomato; diced onion
- ¼ cup salsa
- ⅓ cup cooked brown rice
- 1 cup low-fat milk*

Snack (2 choices)

- ½ medium bagel
- 1 tablespoon peanut butter
- Sugar-free hot cocoa made with water

*Replace with 1 cup soymilk for a vegan menu
 **Replace with ½ cup calcium precipitated tofu for a vegan menu

 High in fat  High in salt (sodium)

This Vegetarian food plan insert can be downloaded free from idcpublishing.com. It is designed as a supplement to *My Food Plan*, item # 2058-25.

This publication is intended for informational purposes only and cannot serve as a substitute for the care provided by a licensed physician or healthcare provider. Readers are advised to seek medical guidance before making any changes in self-care practices or medical therapies.

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