

Vegan Diet Food List

Client information

Name:

Age:

Gender:

Date of assessment:

Brief overview of keto diet

A vegan diet excludes all animal products, including meat, dairy, eggs, and honey. It focuses on plant-based foods like vegetables, fruits, grains, legumes, nuts, and seeds. This Vegan Diet Food List includes the following:

Vegetables

- **Leafy greens:** Spinach, kale, Swiss chard, arugula, collard greens, mustard greens
- **Cruciferous:** Broccoli, cauliflower, Brussels sprouts, cabbage, bok choy
- **Root vegetables:** Carrots, sweet potatoes, beets, turnips, parsnips, radishes
- **Nightshades:** Bell peppers, tomatoes, eggplant, potatoes
- **Others:** Zucchini, cucumber, asparagus, artichokes, leeks, mushrooms, celery, green beans

Fruits

- **Citrus:** Oranges, lemons, limes, grapefruits, tangerines
- **Berries:** Strawberries, blueberries, raspberries, blackberries, cranberries
- **Tropical:** Mangoes, pineapples, bananas, papayas, guavas, passion fruit, dragon fruit
- **Stone fruits:** Peaches, plums, cherries, apricots, nectarines
- **Melons:** Watermelons, cantaloupe, honeydew
- **Others:** Apples, pears, grapes, figs, dates, pomegranates, kiwi

Whole grains

- **Common:** Brown rice, wild rice, oats, barley, wheat berries, farro, bulgur
- **Gluten-free:** Quinoa, millet, amaranth, buckwheat, teff, sorghum
- **Other:** Spelt, rye, triticale, freekeh

Legumes

- **Beans:** Black beans, kidney beans, navy beans, pinto beans, cannellini beans, adzuki beans
- **Lentils:** Brown, green, red, yellow, black beluga lentils
- **Peas:** Green peas, split peas, snow peas, snap peas
- **Soy:** Edamame, soybeans, mung beans, lupini beans

Nuts

- **Tree nuts:** Almonds, walnuts, cashews, pecans, hazelnuts, Brazil nuts, pistachios, macadamia nuts
- **Others:** Peanuts (technically a legume), chestnuts

Seeds

- Chia seeds
- Flaxseeds
- Hemp seeds
- Pumpkin seeds (pepitas)
- Sunflower seeds
- Sesame seeds
- Poppy seeds

Meat alternatives

- **Soy-based:** Tofu, tempeh, textured vegetable protein (TVP)
- **Wheat-based:** Seitan
- **Others:** Jackfruit (as a pulled meat substitute), plant-based burgers and sausages, mycoprotein (Quorn, check for vegan versions), pea protein products, lentil-based patties, chickpea cutlets
- **Protein powders:** Pea, rice, hemp, soy, pumpkin seed protein powders

Milk alternatives

- Soy milk
- Pea milk
- Oat milk
- Rice milk
- Quinoa milk
- Almond milk
- Cashew milk
- Hazelnut milk
- Macadamia milk
- Hemp milk
- Flax milk
- Sesame milk
- Coconut milk
- Banana milk

Herbs and spices

- **Herbs:** Cilantro, parsley, basil, mint, oregano, rosemary, sage, dill, tarragon, chives, lemongrass
- **Spices:** Garlic, ginger, turmeric, cumin, coriander, paprika, chili powder, cinnamon, nutmeg, cardamom, cloves, black pepper, mustard seeds, fennel seeds

Plant oils

- **Common:** Olive oil, avocado oil, coconut oil, canola oil, sunflower oil, safflower oil, grapeseed oil, flaxseed oil, walnut oil, sesame oil

Natural sweeteners

- **Liquid:** Maple syrup, agave nectar, date syrup, brown rice syrup, molasses, yacon syrup
- **Granulated:** Coconut sugar, date sugar, maple sugar

Plant-based condiments

- **Spreads:** Hummus, baba ganoush, guacamole, nut butters (almond, peanut, cashew)
- **Sauces:** Salsa, tahini, vegan pesto, soy sauce, tamari, sriracha, harissa, vegan mayonnaise, vegan cheese spreads
- **Others:** Banana ketchup, chutneys, relish, pickles, miso paste, nutritional yeast

Additional notes

Healthcare professional information

Name:

License ID:

Signature:

Date of assessment: