



Vegan Daily Plate



The daily Vegan plate

Whole Grains

4 or more servings a day
(brown rice, quinoa,
buckwheat, oats, etc.)

Nuts, seeds, healthy fats

1-2 servings a day

Vegetables & leafy greens

5 or more servings a day
(spinach, kale, broccoli,
bokchoy, sweet potatoes,
pumpkin, carrots, etc.)



Legumes

2 or more servings a day
(chickpeas, baked
and refried beans,
tofu, soy milk, peas etc.)



Vitamin B12
Vitamin D
& 2 litres
of water a day

Fruit

3 or more servings a day
(citrus, melons, strawberries,
apples, bananas, etc.)



Serving Size Guide

Vegetables: Standard serve is about 75g

Fruit: Standard serve is about 150g

Grains: Standard serve is 1 slice of bread ; ½ cup cooked grain such as rice or quinoa; ¼ cup oats

Legumes:

Standard serve is ½ cup cooked or canned legumes; 170g Tofu; 30g Nuts and seeds

Recommended water intake = 2Litres/day

*serving size guide: Australian Dietary guidelines