

Nutrient-Rich Foods

for vegans

Nutrient-rich food contains many vitamins and minerals, also called micronutrients but not very many calories. Vitamins and minerals nourish your body and help to keep you healthy and reduce your risk for chronic diseases.



Vibrantly colored vegetables. Choose dark green leaves. As many different colors as possible in a meal.



Brightly colored fruits. Choose orange colored a your #1 fruit.



All berries are great; blueberries, strawberries, cherries, pomegranate and red or purple grapes.



Nuts, choose your favorite raw nut, this includes nut butters.



Legumes, chickpeas, kidney beans, soy beans, edamame, lentils are good examples.



Grains, brown rice, barley, quinoa, wild rice, buckwheat, whole corn, cracked wheat and oats.