

Fully plant-based carbohydrate sources

Focus on whole, minimally-processed sources of carbohydrates that pack lots of nutrition and fiber, and include a mix of starches and colorful fruits.

EAT MORE

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

EAT SOME

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

EAT LESS

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 with 10+g added sugar



Canned, dried, and pureed fruit w/added sugar

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



Candy bars



Donuts



Cookies



Pastries



Muffins



Cakes

As a fully plant-based eater, it's especially challenging to meet your body's protein needs. Choosing more protein-rich carbohydrate and fat sources is an important way to do that.