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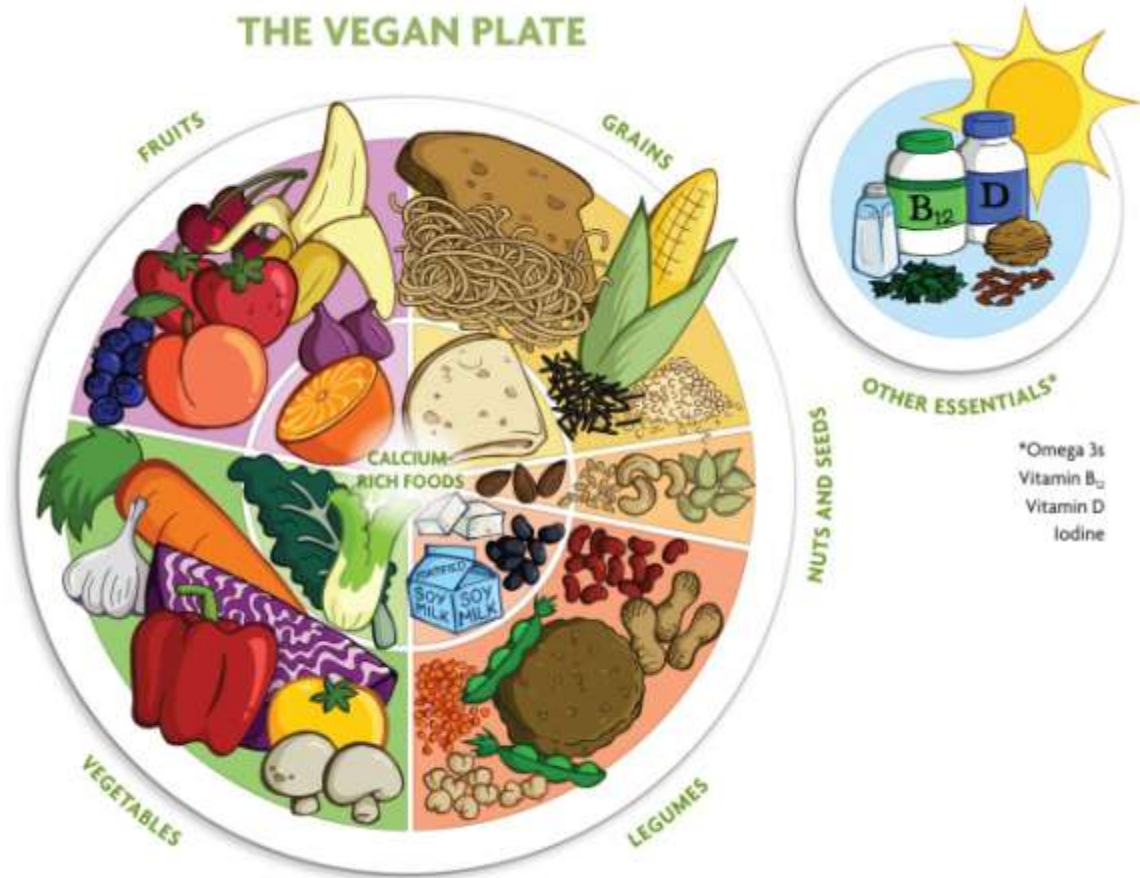
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## ADDITIONAL MATERIALS

Gai Costantino C, Morales Morante LF. Vegetarian dietary guidelines: a comparative dietetic and communicational analysis of eleven international pictorial representations. Rev Esp Nutr Hum Diet. 2020; 24(2): 120-132. doi: 10.14306/renhyd.24.2.953

AM 1. Davis B, Vesanto M. Becoming Vegan. The Vegan Plate. US, 2014<sup>22</sup>.



AM 2. Oldways, health through heritage. Vegetarian and Vegan Diet Pyramid. US, 2013<sup>19</sup>.

rediscover  goodness  
**OLDWAYS**  
CULTURAL FOOD TRADITIONS

## Vegetarian & Vegan Diet Pyramid



**Options For Vegetarians:**  
Eggs and/or Dairy including Yogurt, Cheese, Cottage Cheese

Drink Water

**Eat these foods every day**

Herbs, Spices, Plant Oils

Nuts, Peanuts, Seeds, Peanut/Nut Butters

Beans, Peas, Lentils, Soy

Whole Grains including Rice, Barley, Millet, Oats, Quinoa, Bread, Cereal, Pasta

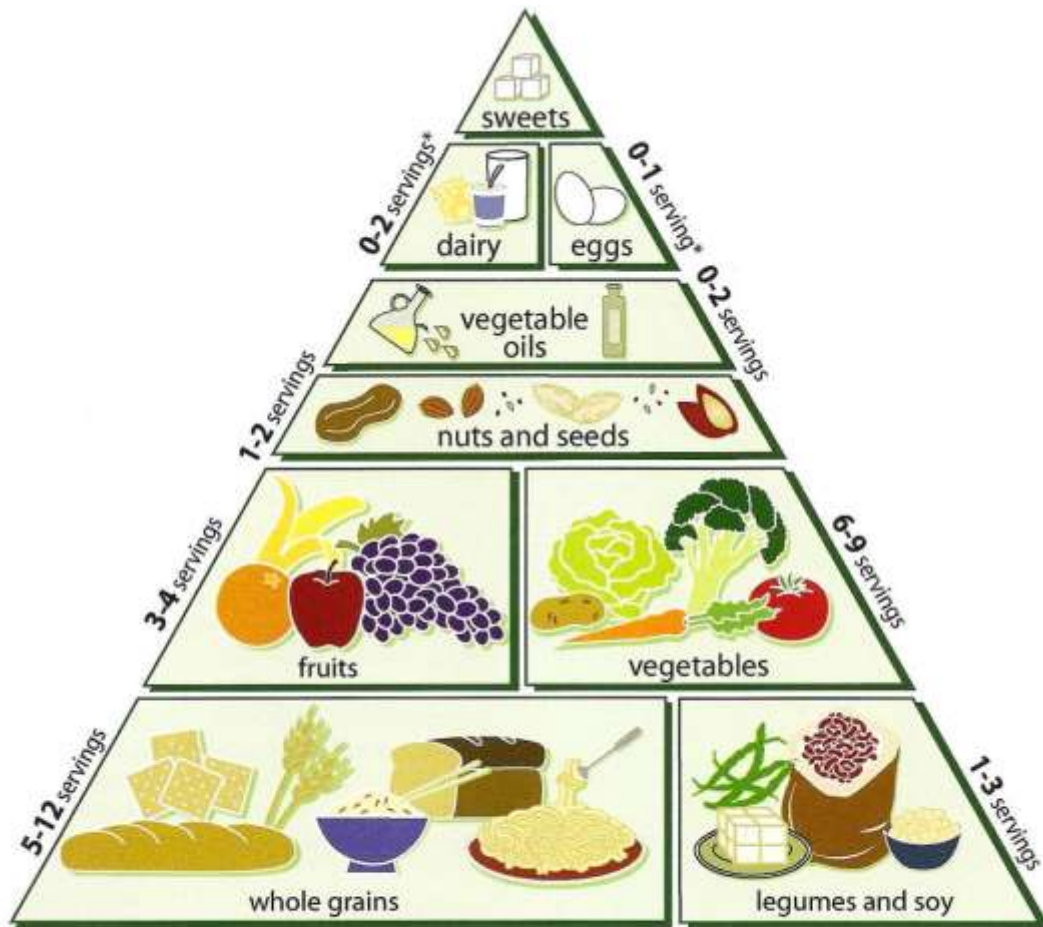
Fruits and Vegetables

Be physically active. Cook and share meals with family and friends.

Illustration by George Middleton

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AM 3. Department of Nutrition. Loma Linda University. Vegetarian Food Pyramid. US, 2008<sup>13</sup>.



\* A reliable source of vitamin B12 should be included if no dairy or eggs are consumed.

**Other Lifestyle Recommendations**



**Daily Exercise**



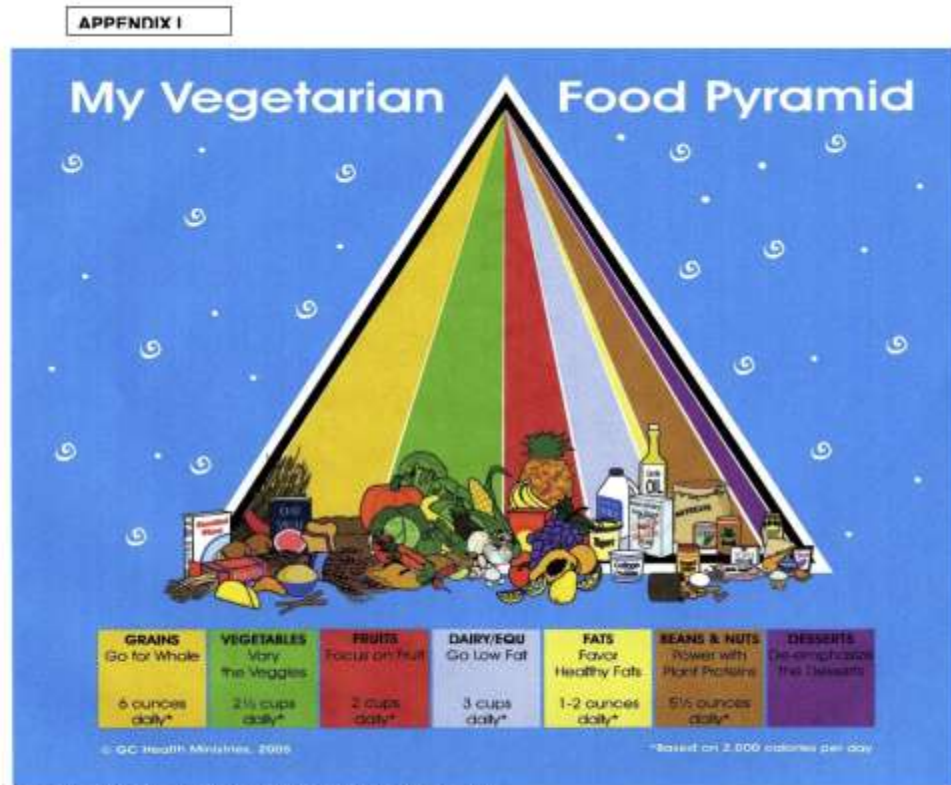
**Water**—eight, 8 oz. glasses per day



**Sunlight**—10 minutes a day to activate vitamin D



AM 4. California Department of Health Care Services. Food Guide Vegetarian Pyramid. US, 2006<sup>15</sup>.



California Food Guide: Fulfilling the 2005 Dietary Guidelines for Americans  
6/13/06

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AM 5. Department of Nutrition, Arizona State University. Vegetarian Food Pyramid. US, 2002<sup>14</sup>.

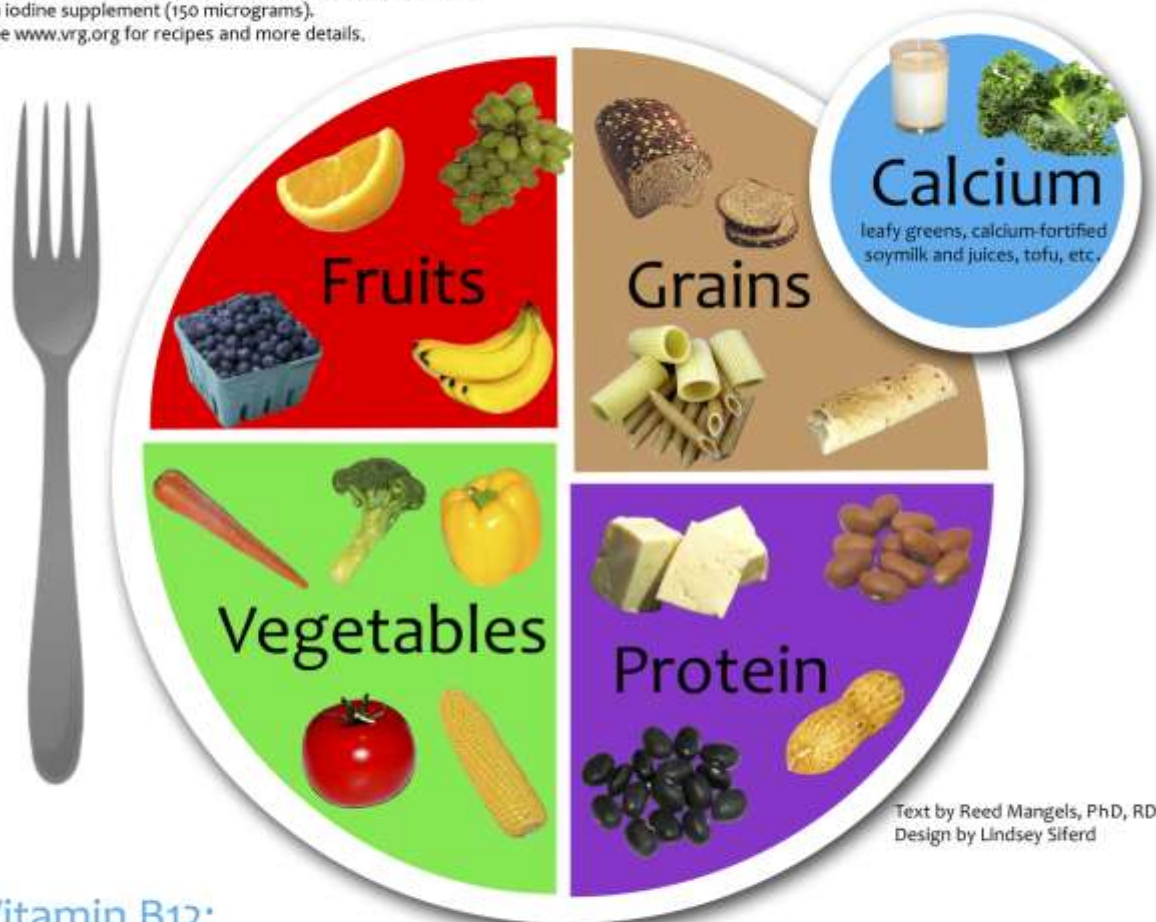


AM 6. Vegetarian Resource Group. My Vegan Plate. US<sup>21</sup>.

# Vegan MY ^ PLATE

## Nutrition Tips:

- \*Choose mostly whole grains.
- \*Eat a variety of foods from each of the food groups.
- \*Adults age 70 and younger need 600 IU of vitamin D daily. Sources include fortified foods (such as some soymilks) or a vitamin D supplement.
- \*Sources of iodine include iodized salt (3/8 teaspoon daily) or an iodine supplement (150 micrograms).
- \*See [www.vrg.org](http://www.vrg.org) for recipes and more details.



## Vitamin B12:

Vegans need a reliable source of vitamin B12. Eat daily a couple of servings of fortified foods such as B12-fortified soymilk, breakfast cereal, meat analog, or Vegetarian Support Formula nutritional yeast. Check the label for fortification. If fortified foods are not eaten daily, you should take a vitamin B12 supplement (25 micrograms daily).

## Note:

Like any food plan, this should only serve as a general guide for adults. The plan can be modified according to your own personal needs. This is not personal medical advice. Individuals with special health needs should consult a registered dietitian or a medical doctor knowledgeable about vegan nutrition.



The Vegetarian

Resource Group P.O. Box 1463 Baltimore, MD 21203 [www.vrg.org](http://www.vrg.org) (410) 366-8343

AM 7. Keller M, Leitzmann C. Justus Liebig University of Giessen. Die Gießener vegetarische Lebensmittelpyramide. Germany, 2010<sup>17</sup>.

Keller, Leitzmann

■ Abb. 4: Die Gießener vegetarische Lebensmittelpyramide: Die Ernährungswissenschaftler Markus Keller und Claus Leitzmann haben in ihrem neu überarbeiteten Standardwerk „Vegetarische Ernährung“ (Stuttgart, 2. Aufl. 2010) den aktuellen Wissensstand zu diesem Thema dargelegt und für die praktische Umsetzung eine neue vegetarische Lebensmittelpyramide entwickelt.





AM 8. ProVeg International. Vegane Ernährungspyramide. Germany<sup>20</sup>.



AM 9. AVF Association végétarienne de France. Pyramide alimentaire végétale. France, 2017<sup>12</sup>.

**PYRAMIDE ALIMENTAIRE VÉGÉTALE**

Ces indications ne reflètent qu'une moyenne. Il est important d'avoir à l'esprit que Chaque organisme est différent, et nécessite des apports nutritionnels personnalisés.

**Portions recommandées dans une journée-type pour une alimentation végétalienne équilibrée. Une portion correspond globalement à une tasse (env. 250 ml) ou l'équivalent de la taille du poing du mangeur.**

**HUILES VÉGÉTALES**  
2 à 4 c.à.s.

**OLÉAGINEUX**  
1 POIGNÉE ou +  
LIPIDES DE BONNE QUALITÉ • PROTÉINES • VITAMINES • MINÉRAUX

**LÉGUMINEUSES**  
1 à 2 PORTIONS  
PROTÉINES • GLUCIDES • FER

**CÉRÉALES & TUBERCULES**  
3 à 4 PORTIONS  
GLUCIDES • PROTÉINES • FIBRES  
Privilégier les céréales complètes

**LÉGUMES**  
4 PORTIONS ou +  
FIBRES • VITAMINES • CALCIUM pour les légumes verts à feuilles

**FRUITS**  
2 PORTIONS ou +  
VITAMINES • MINÉRAUX • GLUCIDES • FIBRES

**Eau:** 1 à 2 litres par jour. À augmenter en cas de forte chaleur, fièvre et pratique sportive. Une complémentation en **vitamine B12** doit être assurée.

**Autres aliments spécifiques qu'il est intéressant d'inclure dans l'alimentation:** Les épices, les herbes aromatiques, les champignons, les algues marines, la spiruline, la levure maltée...

**Produits à limiter:** Sucre et produits sucrés, alcool, sel, et produits transformés tels que simili-carnés et simili-fromages.

**Association Végétarienne de France**

AM 10. UVE Unión Vegetariana Española. Pirámide de alimentación vegetariana. Spain, 2018<sup>18</sup>.



AM 11. Nakamoto, K., Arashi, M., et al. Japanese Vegetarian Food Pyramid. Japan, 2009<sup>16</sup>.

