

# Common Foods and Flavors of The Vegetarian Diet Pyramid

<b>Vegetables &amp; Tubers</b>	Artichokes, Arugula, Beets, Bok Choy, Broccoli, Brussels Sprouts, Cabbage, Carrots, Celery, Celeraic, Chicory, Collards, Cucumber, Daikon, Dandelion Greens, Eggplant, Fennel, Kale, Leeks, Lettuce, Mache, Mushrooms, Mustard Greens, Nettles, Okra, Onions, Peas, Peppers, Potatoes, Pumpkin, Purslane, Radishes, Rutabega, Scallions, Shallots, Spinach, Sweet Potatoes, Turnips, Yams, Zucchini
<b>Fruits</b>	Apples, Apricots, Avocados, Bananas, Cherries, Coconut, Clementines, Dates, Figs, Grapefruit, Grapes, Kiwifruit, Oranges, Melons, Nectarines, Olives, Peaches, Pears, Pineapples, Pomegranates, Pomelos, Strawberries, Tangerines, Tomatoes
<b>Grains</b>	Amaranth, Breads, Barley, Buckwheat, Bulgur, Couscous, Durum, Farro, Maize, Millet, Noodles, Oats, Pasta, Polenta, Rice, Wheatberries
<b>Soy, Eggs &amp; Dairy</b>	Eggs (Mostly in form of egg whites) Cheeses (No more than 1-2 ounces a day) Milk and Yogurt (Lowfat versions are preferable)
<b>Nuts, Seeds, &amp; Legumes</b>	Whole Nuts and Nut Butters: Almonds, Cashews, Hazelnuts, Macademia Nuts, Peanuts, Pine (Piñon) Nuts, Pistachios, Tahini, Walnuts Beans: Adzuki, Black, Cannellini, Chickpeas, Fava, Green, Lima, Kidney, Mung, Pinto, Soy, Soy Milk, Almond Milk Seeds: Flax, Pumpkin (Pepitas), Sesame, Sunflower Lentils, Split Peas
<b>Herbs &amp; Spices</b>	Anise, Asafoetida, Basil, Bay Leaf, Chiles, Cilantro, Clove, Coriander, Curry, Fennel, Garlic, Ginger, Lavender, Marjoram, Mint, Oregano, Parsley, Pepper, Rosemary, Sage, Savory, Tarragon, Thyme, Wasabi
<b>Sweets &amp; Oils</b>	Oils: Corn, Canola, Avocado, Olive, Soybean, Safflower, Peanuts Sweets: Cookies, Cakes, Candies, Pastries, Puddings
<b>Water &amp; Alcohol</b>	Drink Plenty Of Water Enjoy All Alcohol In Moderation