

Vegan Food Pyramid

☐ Beans/Nuts/Seeds

☐ Beans/Nuts/Seeds

☐ Grains

☐ Grains

☐ Grains

☐ Fruits

☐ Vegetables

☐ Vegetables

☐ Beans/Nuts/Seeds

☐ Beans/Nuts/Seeds

☐ Grains

☐ Grains

☐ Grains

☐ Fruits

☐ Vegetables

☐ Vegetables