

WFPB's Food Groups

Based on the guide developed by PCRM
(Physicians Committee for Responsible Medicine) in 1991

FRUIT

3 or more servings a day



Full of vitamin C and beta carotene, fruit is also rich in fibre. You should include at least one serving of fruit per day. Fruits are full of flavour, make a welcome afternoon filler and are great as a night time desert. They're best eaten whole because your gut benefits from their soft fibre.

Serving sizes: 1 medium piece of fruit, 1/2 cup cooked fruit, 4 ounces juice.



LEGUMES

2 or more servings a day

Beans, peas and lentils are your key source for good fibre, protein, iron, calcium, zinc and B vitamins. In this group you can also include items such as chickpeas, baked and refined beans, soy milk, tempeh and vegetable protein.

Serving sizes: 1/2 cups cooked beans, 4 ounces tofu or tempeh, 8 ounces Soy Milk.

NUTS AND SEEDS

1 or more servings

Serving: 1/4 cup nuts or seeds

WHOLE GRAINS

5 or more servings a day



The wholegrain list is large. Here is a sample: barley, freekeh, whole rye, brown rice, oats, wheat, buckwheat, bulgur, quinoa, whole wheat couscous, corn, millet. Build meals around hearty grain dishes. They're rich in essential fibre, complex carbohydrates, protein, B Vitamins and zinc. Great for breakfast.

Serving sizes: 1/2 cup hot cereal, 1/4 cup dry cereal, 1 slice bread

VEGETABLES

4 or more servings a day



Vegetables are your essential nutrient injection. Dark green leafy vegetables such as broccoli, collards, kale, mustard and turnip greens, chicory or bok choy are all good sources of important nutrients. They provide vitamin C, beta-carotene, riboflavin, iron, calcium, fibre and more. Extra beta-carotene comes from dark yellow and orange vegetables such as carrot, squash, sweet potatoes and pumpkin. Don't be afraid to eat generous amounts. Load up your plate!

Serving sizes: 1 cup raw vegetables, 1/2 cup cooked vegetables