

April  
2001

\*For More Info, see: [www.perm.org](http://www.perm.org) (Physicians Committee For Responsible Medicine) website;

Bible References: Genesis 1:29, I Corinthians 3:16,  
Daniel Chapter 1

## Strict Vegetarian (Vegan) Diet Menu (Suggestion List)

- New  
Four  
Food  
Groups\*
- Grains: ① Whole Grain (unprocessed) breads-like; whole wheat, rye, pumpernickle, millet, rice, etc.;  
② Rice (brown/unprocessed preferred); ③ Pasta (non-meat sauce)  
④ Cereals: oatmeal (plain), corn flakes, granola, etc.  
⑤ corn on the cob ⑥ barley ⑦ kamut ⑧ Rice milk
  - Legumes: green beans, peas, lima beans, lentils, soy beans, pinto beans, navy beans, red beans, garbanzo beans, tofu, kidney beans, mung beans; any other beans (without additives);  
soymilk
  - Vegetables: broccoli, spinach, kale, collard greens, dark lettuce (leafy green), squash (yellow, acorn, butternut) tomatoes, onions, carrots, celery, potatoes, sweet potatoes, turnips, beets
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- Fruit: apples, oranges, tangerines, bananas, grapefruit, grapes, peaches, pears, melons; 100% fruit juices; strawberries, blueberries, raspberries

(5) Nuts (high in fat, so eat small quantities) or Nut Butters (natural - without hydrogenation or additives):  
almonds, peanuts, walnuts, cashews, etc.

(6) Oils (small quantities, after cooking only) olive, canola, etc.

Notes: Vegans eat food in its natural state, with minimal cooking to maintain nutrition content.

Processed foods (like most white breads, & white rice) have little or no fiber, or nutritive value. Protein comes mostly from groups 1 & 2, but also nuts.

B-12 is now known to be produced in pure vegans; otherwise B-12 supplement should be taken.

Plant foods have no cholesterol. Animal products have absolutely no fiber, but do contain cholesterol, antibiotics, pesticides, herbicides, growth hormones & other contaminants.