

Vegan Diet Guidelines

Allowed:

- All plant-based foods: vegetables, fruits, legumes, grains, nuts, seeds
- Plant-based oils and fats
- Non-dairy milks (almond, oat, soy)
- Tofu, tempeh, seitan (if not restricted)

Avoid:

- All animal products: meat, poultry, fish, eggs, dairy
- Gelatin, honey, bone broth
- Animal-derived food additives (e.g., casein, whey, lactose)