

Your Daily Whole Food Plant-Based Diet Chart

Food Categories and Their Energy Density per 100g or 3.5 oz

	Leafy Vegetables	
	Cruciferous Vegetables	55 - 180 kJ 13 - 43 kcal
	Non-Starchy Vegetables	
	Fruits	129 - 387 kJ 31 - 93 kcal
	Starchy Vegetables	
	Whole Grains	295 - 719 kJ 71 - 172 kcal
	Legumes	
	Dairy & Meat Substitutes	448 - 1674 kJ 107 - 400 kcal
	Grain-Based Foods	849 - 1623 kJ 203 - 388 kcal
	Sugars	1,107 - 1,600 kJ 265 - 397 kcal
	Grain-Based Foods, Added Sos	1,974 - 2,243 kJ 472 - 536 kcal
	Nuts & Seeds	2,214 - 2,952 kJ 529 - 705 kcal
	Oil-Based Spreads	2,690 - 2,987 kJ 643 - 714 kcal
	Oils	3,690 kJ 882 kcal