



FRESHY & HEALTHY FOODS

To get the most out of a vegetarian diet, choose a variety of healthy plant-based foods. These include whole fruits and vegetables and whole grains. Nuts and legumes, such as lentils, beans and peanuts, also are considered healthy plant-based foods. At the same time, cut back on less healthy choices.

[01 | next
Level](#)[02 | next
Level](#)[03 | next
Level](#)[04 | next
Level](#)[05 | next
Level](#)[06 | next
Level](#)[07 | next
Level](#)[08 | next
Level](#)[09 | next
Level](#)[10 | next
Level](#)

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[01 | next
Level](#)[02 | next
Level](#)[03 | next
Level](#)[04 | next
Level](#)[05 | next
Level](#)[06 | next
Level](#)[07 | next
Level](#)[08 | next
Level](#)[09 | next
Level](#)[10 | next
Level](#)



