

VEG FOOD LIST

Canadian Sport Institute Calgary

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Grains / Starch / Beans

1 serving = ~18–24 g carbohydrate OR ~½ cup

- ½ cup cooked Quinoa, Amaranth, Buckwheat*
- ½ cup cooked Millet, Wild Rice, Sorghum, Teff, Rice*
- ½ cup cooked Barley, Wheat Berries
- ½ cup cooked Pasta or Couscous
- ¾ cup cooked Oatmeal or Oats
- ½ cup cooked beans or lentils*
- ¼ - 1 cup Cereal (**need to check the label**)
- 1 medium corn on cob or ½ cup cooked corn*
- ½ cup cooked potato /yam/sweet potato/squash* (bake with skin and chunks or small baby)
- ½ medium potato or starchy veggie as above*
- 1 slice whole grain bread / small wrap
- ½ large wrap or pita bread or English muffin
- ½ small bagel or 2 rice cakes* or ½ muffin

*Gluten-free grains and starches

1 serving = ~2-6g carbohydrate OR ~½ cup

1 serving = 1 cup leafy greens

Green

- Broccoli / asparagus / Snap peas / Zucchini
- Okra / Snow Peas / Snap Peas / Green beans
- Mixed greens / spinach / dark romaine
- Kale / Swiss chard / Beet greens

Orange

- Carrots / orange pepper, pumpkin

Red / Purple

- Tomatoes / Red pepper / Beets
- Purple cabbage / eggplant

White

- Cauliflower / Mushrooms / Onion

Yellow

- Yellow pepper, spaghetti squash, yellow string beans

Fruit (Frozen or Fresh)

1 serving = ~20–24g carbohydrate OR ~½ cup

1 serving = 1 small fruit

- Small banana/apple /pear /nectarine /peach
- Orange /citrus fruit /kiwi
- Berries /mango /pineapple
- Dried fruit (berries, apricots) = ¼ cup serving
- Grapes

Protein Foods

HIGH AMOUNT

(14-26 g protein)

- Vegan Protein Powder source
(i.e. Vega Sport ~25 g/ 36g scoop)
- Eggs (2 = 14 g)
- Egg Whites (½ cup = 14 g, pasteurized if carton bought)

MODERATE AMOUNT

(These foods contain protein but may also be sources of carbohydrate and fat)

Dairy / SOME Dairy Alternatives

- Soy milk (1 cup = 7 g)
- Tempeh (varies read the label (16-20+ g ***usually a ½ - 1 serving of grain/starch as well)
- Tofu (i.e. President's Choice low fat extra firm Tofu = 16g protein for 88 g)

Beans & Lentils

(½ cup = ~ 7-8 g protein & 20+ g carbohydrate)

Nutritional Yeast

(~3 tbsp = ~8 g protein & 14 g carbohydrate)

Edamame (cooked)

(1/2 cup = ~8-9 g protein, 7g carbohydrate, 4g fat)

Nuts (mostly healthy fats)

(¼ cup = ~ 7-8 g protein and 16-18 g of FAT)

- Almonds, walnuts, pecans, pistachios

Natural nut butters

(2 tbsp = ~ 7 g protein & 16 g FAT)

Hemp Hearts

(2 tbsp = ~7 g protein & 9 g FAT)

Healthy Fats

1 serving = ~14-16 g

Nuts / Seeds (¼ cup or 1 oz)

- Ground flaxseed
- Almonds, walnuts, other nuts
- Pumpkin seeds, peanuts

Natural nut butters (2 tbsp = 30 g = 16 g)

Vegetable Oils / Fruit

- Vegetable oils (1 tbsp = 1 serving)
- Avocado (½ an avocado = 1 serving)

Omega 3 fats VEGETARIAN OPTIONS

*Omega 3 fats are just one type of fat the bodies needs - walnuts, hemp hearts, ground flax, chia seeds (ground for maximum absorption), seaweed

NON-fish Omega 3 supplements are derived from micro-algae and are another option for vegans and vegetarians

NOTES:
