

Your Daily Whole Food Plant-Based Diet Chart

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

	Leafy Vegetables	55 – 180 kJ 13 – 43 kcal
	Cruciferous Vegetables	
	Non-Starchy Vegetables	
	Fruits	129 – 387 kJ 31 – 93 kcal
	Starchy Vegetables	295 – 719 kJ 71 – 172 kcal
	Whole Grains	
	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