

## **Vegetarian wholefood diet**

The vegetarian wholefood diet is needs-based and contains all essential nutrients.

### General recommendations:

- All foods should be:
  - as natural und unprocessed as possible
  - gently prepared/cooked
  - seasonal
  - regional
  - without artificial additives and preservatives
- No refined sugar or artificial sweeteners

### Daily recommendations:

- At least 3 portions of vegetables (cooked or raw) and 2 portions of fruits (berries, oranges, apples)
- Several portions of wholegrain products (like wholegrain bread, rice, pasta, oats, millet, quinoa, amaranth)
- 30-40 g oil and fat (cold-pressed linseed, olive and rapeseed oil, butter)
- 30 g-50 g nuts
- 1 fat-reduced fermented dairy product (e.g. 300 ml yoghurt, soured milk with 1,5% fat content or 50 g of fat-reduced hard cheese)
- 1.5-2 litres calorie-free beverages (water, unsweetened herbal tea)

### Weekly recommendations

- Potatoes, legumes, tofu and other soy-products
- No refined sugar or artificial sweeteners should be used. If sweetening seems necessary, a small amount of honey, maple-, apple-, pear- or agave syrup can be used

### Restricted foods

- Fish or meat should not be consumed more than twice weekly
- Eggs and other animal products apart from the above mentioned dairy products should not be consumed daily