

The Low-Fat Vegan Diet for Healthy Weight Loss

Weight loss and maintaining normal body weight will be remarkably easy if you build your meals from a generous array of beans, whole grains, vegetables and fruits. Choose whole foods from plant sources. Avoid all animal products, processed foods, vegetable oils and fats. Here are the seven food groups.

Food Group	Serving Recommendations (for 1500 calories)
<p>Beans (Legumes, Soy Beans and Lentils) (A serving equals about 100 calories) At least 1 cup should be from beans. Check the servings off each day:</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>You should have 5 servings from the legume group each day. A serving is a half-cup of cooked beans, ½ cup low-fat bean spread, 1 cup low-fat soymilk, 4 oz. of low fat tofu, or 1 oz. of vegetarian meat substitute.</p>
<p>Rice, Corn & Grains (A serving equals about 80 calories) At least 4 servings should be from whole grain: brown, red or black rice, quinoa, buckwheat, or millet. Check the servings off each day:</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>You should get 5 servings a day. A serving is ½ cup cooked grain, like rice, quinoa, millet oatmeal or whole grain pasta, 1 oz. of dry cereal (usually ¾ cup to 1 cup), one slice of rice, millet, or corn bread, or a rice or corn tortilla. Six servings may sound like a lot, but 1 cup of oatmeal for breakfast, a sandwich with two slices of millet bread for lunch, and a bowl of quinoa pasta with marinara sauce for dinner meets your 6-serving goal. Try to eat the least processed grains such as organic brown rice.</p>
<p>Vegetables (A serving equals about 35 calories) At least one serving should be calcium-rich, dark leafy greens, such as spinach, kale, or collards. Check the servings off each day:</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>You get at 4 servings of vegetables each day. This means ½ cup cooked or 1 cup raw. As long as the vegetable isn't topped with a fatty dressing or sauce, you can eat as many servings as you want from this group. Broccoli, leeks, bok choy, carrots, celery, tomato, pepper, onion, cauliflower, green beans, zucchini, cabbage,</p>
<p>Potato & Yams & Winter Squash (A serving equals about 60 calories) Check the servings off each day:</p> <p><input type="checkbox"/></p>	<p>You should get 1 serving of potato or yams each day. This means ½ cup. Cut up the yam or potato, season and bake in the oven on parchment paper for a delicious no-fat snack.</p>
<p>Salad (A serving equals about 35 calories) At least one serving should be a raw vegetable like salad or carrot sticks. Check the servings off each day:</p> <p><input type="checkbox"/></p>	<p>You should get 1 large salad each day. As long as the salad isn't topped with a fatty dressing or sauce, you can eat as much as you want. Dressings could be made from a calorie free dressing, low salt Braggs, low salt tamari, or no-fat hummus.</p>
<p>Fruit (A serving equals about 80 calories) Use fruit to satisfy your need for sweets. Check the servings off each day:</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>Aim for 3 servings of fruit each day. A serving is ½ cup chopped or one small piece of fruit. Aim for low-calorie, high-nutrition fruits like apples, strawberries, kiwis, mangos, blueberries, peaches, plums, oranges, grapefruit, and raspberries.</p>
<p>Seeds, Nuts, Olives & Avocado Check the servings off each day:</p> <p><input type="checkbox"/></p>	<p>You should have no more than 1 tablespoon of freshly ground flax seeds, or 6 walnuts or ½ avocado per day:</p>

You may have to eliminate all wheat and wheat gluten due to its association with weight gain, addiction and being potentially allergenic. Fats, oils (even cold and expeller pressed oils), olives, and full-fat soy products such as tofu, tempeh, and soy cheese or rice cheese, may be too high in fat calories and can interfere with weight loss.