NUTRITARIAN® FOOD PYRAMID

COMMERCIALMALLY RAISED MEATS, SWEETS, CHEESE & PROCESSED FOODS
Rarely

EGGS, OIL, FISH, WILD OR NATURALLY RAISED ANIMAL PRODUCTS & DAIRY
Less than 10% of Calories

SEEDS, NUTS & AVOCADOS
10-40% or less of calories

FRUITS
10-40% of Calories

VEGETABLES*
1/2 Raw and 1/2 Cooked
30-60% of Calories

WHOLE GRAINS & POTATOES
20% or less of calories

BEANS / LEGUMES
10-40% of Calories

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