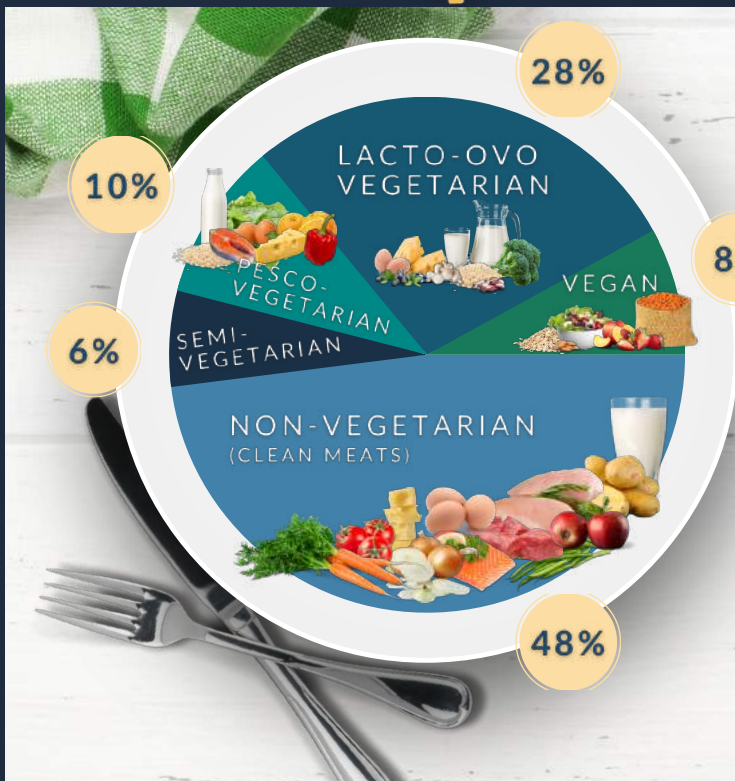


# SEVENTH-DAY ADVENTIST Diet

What foods might you find on their plates?



EMPHASIZE A WHOLE-FOOD PLANT BASED DIET

## VEGAN



- Fruits, vegetables, legumes, grains, nuts, seeds, herbs, vegetable oils



- No dairy & eggs



- No red meat, fish, or poultry

## LACTO-OVO VEGETARIAN



- Eats all food a vegetarian eats



- Dairy & eggs



- No red meat, fish, or poultry

## SEMI-VEGETARIAN



- Mostly vegetarian
- <1x/week will eat clean meats



- Fruits, vegetables, legumes, grains, nuts, seeds, herbs, vegetable oils



- Dairy & eggs

## PESCO-VEGETARIAN



- Eats all food a vegetarian eats



- Clean fish



- Dairy & eggs



- No red meat or poultry

## NON-VEGETARIAN

### CLEAN MEATS:



- Non-birds of prey that do not scavenge
  - Chicken, turkey, duck, pheasant, quail



- Mammals that chew the cud & have cloven hooves
  - Cow, goat, sheep, deer



- Fish with fins & scales
  - Salmon, trout, bass, tuna

### UNCLEAN MEATS:



- Abstains from eating unclean meats
  - Pork, shellfish, rabbit, birds of prey

(For a complete list, see Lev. 11 & Deut. 14)

# SEVENTH-DAY ADVENTIST Food Pyramid

What foods might you find on their plates?



## CLEAN ANIMAL PRODUCTS (IF EATEN)

0-2 SERVINGS

Low-Fat Dairy Products (Milk, Cheese, Yogurt, etc.)

0-3 SERVINGS

Clean meat (Chicken, Beef, Turkey, Lamb, Venison, Fish, etc.)

0-1 SERVINGS

Eggs

## WHOLE GRAINS

Oats, Brown Rice, Quinoa, Millet, Wheat, Rye, Buckwheat, Couscous, Spelt, Barley, Breads, Pastas, etc.

## VEGETABLES

Kale, Carrots, Potatoes, Corn, Peas, Beets, Lettuce, Cucumber, Peppers, Broccoli, Garlic, Onion, Squash, etc.

## LEGUMES & SOY

Beans, Chickpeas, Lentils, Peanuts, Soybeans, Soy Milk, Tofu, Split Peas, Edamame, etc

## FRUITS

Bananas, Berries, Pineapple, Mangos, Citrus, Apples, Pears, Kiwi, Melons, Stone Fruits, Avocados, Pomegranate, etc.

## NUTS & SEEDS

Cashews, Walnuts, Almonds, Brazil Nuts, Pecans, Chia Seeds, Flaxseed, Sunflower Seeds, Pumpkin Seeds, Hemp Seeds, etc.

## OILS AND FATS

Coconut Oil, Olive Oil, Avocado Oil, Walnut Oil, Vegetable Oil, Avocados, Olives, etc.

Servings are the number of recommended servings per day. Proportion sizes of servings depend on a person's age and specific nutritional needs.

1) Adventists Welcome New Vegetarian-Friendly USDA Food Guidelines  
 2) Loma Linda University School of Public Health Department of Nutrition Vegetarian Food Pyramid  
 3) Clean and Unclean Meats Leviticus 11; Deuteronomy 14  
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# SEVENTH-DAY ADVENTIST *nutrition*

What foods might you find on their plates?

Carrots, Kale, Spinach, Eggs, Dairy Products, Swiss Chard, Melons, Sweet Potatoes, Winter Squash, Apricots, Mangos

Kale, Legumes, Whole Grains, Celtic or Himalayan Salt, Pumpkin Seeds, Peanuts, Cashews, Baked Beans

Broccoli, Peas, Animal Products, Almonds, Lentils, Peanuts, Whole Grains, Soybeans, Soy Milk, Tofu, Legumes, Quinoa

## VITAMIN A

## ZINC

## PROTEIN

## VITAMIN B12

Eggs, Dairy Products, Fish, Beef, Vitamin Fortified Non-Dairy Milk and Cereals, Nutritional Yeast

## VITAMIN C

Bell Peppers, Brussel Sprouts, Tomatoes, Kiwi, Strawberries, Cabbage, Citrus

## OMEGA-3

Brussels Sprouts, Fish, Flaxseed, Walnuts, Hemp Seeds, Chia Seeds

## VITAMIN D

Sunshine, Vitamin-Fortified Dairy and Non-Dairy Milk, Juice, and Cereals

## MAGNESIUM

Kale, Legumes, Dairy Products, Brown Rice, Spinach, Legumes, Beans, Nuts, Oatmeal, Whole Grains, Celtic or Himalayan Salt

## CALCIUM

Vitamin-Fortified Juices and Cereal, Green Leafy Vegetables, Chickpeas, Beans, Lentils, Seeds, Nuts, Dairy Products, Dried Fruit

## IRON

Vitamin-Fortified Fruit and Vegetable Juices, Green Leafy Vegetables, Broccoli, Red Meat, Pumpkin Seeds, Tofu, Beans, Quinoa



For further explanation, see the [AskAnAdventistFriend.com](http://AskAnAdventistFriend.com) article "The Seventh-Day Adventist Diet"

[1] Vegan Sources of Vitamins & Minerals  
[2] How to get all your Nutrients without Meat & Dairy  
[3] Vegetarian and Vegan Diets Explained  
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