Liite 1. Makrobioottinen ruokaympyrä (Lagerström ja Wernhart 1982)

Makrobioottinen ravintoympyrät

Vihannekset, juurekset, hedelmät ja märjat 35%

Vilja ja täysjyvä tuotteet 50%

Pavut, hermeet, liinsit ja siemenet 10%

Levät ja luonnnonvaraiset yrtit 5%
FOOD GUIDE PYRAMID
FOR VEGETARIAN MEAL PLANNING

FATS, OILS, AND SWEETS — use sparingly

MILK, YOGURT, AND CHEESE GROUP
0–3 servings daily*

*Vegetarians who choose not to use milk, yogurt, or cheese need to select other food sources rich in calcium. For a list of calcium-rich foods, please see Figure 1.

VEGETABLE GROUP—
3–5 servings daily

cooked or chopped raw vegetables—¼ cup
raw leafy vegetables—1 cup

FRUIT GROUP — 2–4 servings daily

juice—½ cup
dried fruit—¼ cup
chopped, raw fruit—¼ cup
canned fruit—½ cup
1 medium-size piece of fruit, such as banana, apple, or orange

BREAD, CEREAL, RICE, AND PASTA GROUP—
6–11 servings daily

bread—1 slice
ready-to-eat cereal—1 oz
cooked cereal—½ cup
cooked rice, pasta, or other grains—½ cup
bagel—½

Milk—1 cup
yogurt—1 cup
natural cheese—1 ¼ oz

soy milk—1 cup
cooked dry beans—½ cup
1 egg or 2 egg whites
nuts or seeds—2 Tbsp
tofu or tempeh—¼ cup
peanut butter—2 Tbsp

Source: National Center for Nutrition and Dietetics
The American Dietetic Association; Based on the USDA Food Guide Pyramid

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FIG 2. Pyramid approach to vegetarian menu planning.
Figure 1. Vegetarian food guide pyramid.

Note: A reliable source of vitamin B12 should be included if no dairy or eggs are consumed.
FIG 2. Vegetarian food guide pyramid.