

Item	Foods to Enjoy	Foods not allowed
Fruit	<ul style="list-style-type: none"> Fresh, frozen, canned vegetables 	<ul style="list-style-type: none"> Fruits prepared with ingredients not allowed
Vegetables	<ul style="list-style-type: none"> Fresh, frozen, canned vegetables 	<ul style="list-style-type: none"> Vegetables prepared with ingredients not allowed
Salads	<ul style="list-style-type: none"> All salads prepared without animal based dressings or sauces 	<ul style="list-style-type: none"> Salads prepared with dressings or sauces that contain animal products (mayonnaise, milk, sour cream, eggs, Worcestershire sauce) Salads that contain meat or dairy products (eg. cheese, bacon) Jellied Salads
Grain Products	<ul style="list-style-type: none"> Hot and cold cereals Rice Pasta Breads/Buns/Rolls prepared without dairy/egg ingredients or derivatives (eg. Casein, L-cysteine). 	<ul style="list-style-type: none"> Graham crackers with honey Egg noodles Any grain products prepared with butter, lard, suet, gelatin or other ingredients not allowed Stuffing prepared with dehydrated meat (Stovetop®)
Milk & Alternatives	<ul style="list-style-type: none"> Soy milk Soy cheese (without milk-based ingredients) Soy yogurt 	<ul style="list-style-type: none"> All dairy products made from animal origin milk Soy cheese containing milk-based ingredients (eg. Casein)
Meat & Alternatives	<ul style="list-style-type: none"> Dried or canned legumes such as lentils, kidney, black, white, chickpea & black-eyed peas, dried peas Meat analogs (imitation chicken, veggie burger) Tofu Nuts, seeds, nut or seed butters 	<ul style="list-style-type: none"> Meat, poultry, fish, seafood, eggs Canned beans with added pork/ham Veggie burgers containing egg or dairy
Soups	<ul style="list-style-type: none"> Vegetable soups prepared with vegetable soup base Soups with added meat analogues or tofu 	<ul style="list-style-type: none"> Soups prepared with meat, fish, poultry or dairy products Soups prepared with chicken, fish, pork, or beef soup base
Oils & Fats (Limit fat intake to 2 – 3 Tbsp. per day)	<ul style="list-style-type: none"> Vegetable-based oils (canola oil, olive oil) Soft vegan margarines (not containing casein, eg. Becel Vegan®, Earth Balance®) 	<ul style="list-style-type: none"> Butter, lard, suet, margarine made with milk ingredients (eg. Casein), mayonnaise, and salad dressing made with Worcestershire sauce, milk or egg ingredients

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	<ul style="list-style-type: none"> Vegetable based shortening 	
Desserts & Sweets	<ul style="list-style-type: none"> Desserts made with allowed ingredients 	<ul style="list-style-type: none"> Honey Jell-O® (gelatin) Marshmallows Pastry made with animal fat Desserts made with milk products, eggs, or butter. Desserts that include ingredients that contain milk or egg derivatives (whey powder, casein, myristic acid)
Fluids	<ul style="list-style-type: none"> Soy & rice beverages Almond, coconut and other nut beverages Calcium-fortified juice & non dairy drinks 	<ul style="list-style-type: none"> Clamato juice® Beverages that contain milk/egg ingredients Eggnog Animal/dairy based broth
Miscellaneous		<ul style="list-style-type: none"> Worcestershire sauce Boost®, Boost fruit beverage, Beneprotien protein powder, Resource 2.0

Notes:

- **A Vegan Diet avoids all foods from animal or insect origin and their products, such as meat, fish, seafood, dairy, eggs, and honey**
- *Allowed vegetable oils cannot come into contact with meat products. Example: French fries & chicken fingers fried in the same oil.
- See “Egg Free” and “Milk Free” diets for more information.

References:

- Dietitians of Canada - Practice Based Evidence in Nutrition (PEN): Eating Guidelines for Vegans
- Vegetarian Resource Group www.vrg.org