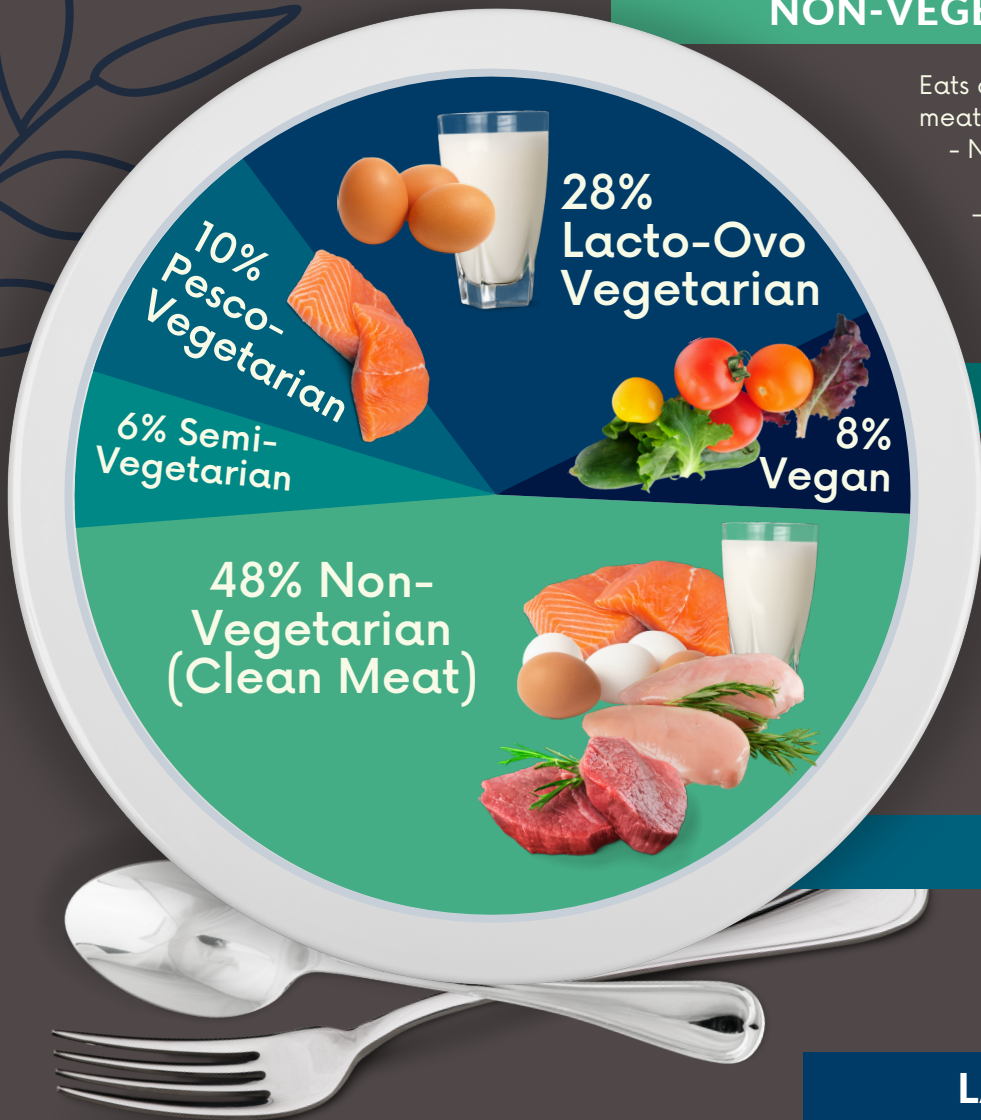


SEVENTH-DAY ADVENTIST DIET

What foods might you find on their plates?



NON-VEGETARIAN (CLEAN MEATS)

Eats all foods a vegetarian eats, as well as clean meat products from clean animals.

- Non-birds of prey and do not scavenge like chicken, turkey, duck, pheasant, quail.
- Animals that chew the cud and have cloven hooves like cow, goat, sheep, deer.
- Fish with scales and fins like salmon, trout, bass, tuna.

SEMI-VEGETARIAN

Mostly eats a vegetarian diet, but will less than once per week eat clean red meat, poultry, and fish.

Eats fruits, vegetables, legumes, grains, nuts, seeds, herbs, vegetable oils, dairy, eggs, herbal teas, fruit and vegetable juices, non-caffeinated coffee substitutes, water, while emphasizing whole food plant based.

PESCO-VEGETARIAN

Eats all foods a vegetarian eats, including milk and eggs, plus clean fish, but no red meat or poultry.

LACTO-OVO VEGETARIAN

Eats all foods a vegetarian eats, plus milk and eggs, but no red meat, fish or poultry.

VEGAN

Eats fruits, vegetables, legumes, grains, nuts, seeds, herbs, vegetable oils, dairy substitutes, herbal teas, fruit and vegetable juices, non-caffeinated coffee substitutes, water, while emphasizing whole food plant based, but no eggs, dairy, meat, or animal products.



For further explanation, see the AskAnAdventistFriend.com article "The Seventh-Day Adventist Diet."

[1] Dietary Status Data from [Adventist Health Study 2](#)
 [2] Clean and Unclean Meats [Leviticus 11](#); [Deuteronomy 14](#)

SEVENTH-DAY ADVENTIST FOOD PYRAMID

What foods might you find on their plates?

WHOLE GRAINS

Oats, Brown Rice, Quinoa, Millet, Wheat, Rye, Buckwheat, Couscous, Spelt, Barley Flour, Ancient Grains, Breads, Pastas, Etc.

VEGETABLES

Kale, Cabbage, Carrots, Potatoes, Corn, Peas, Beets, Lettuce, Tomatoes, Cucumber, Peppers, Brussels Sprouts, Broccoli, Cauliflower, Spinach, Asparagus, Garlic, Onion, Squash, Eggplant, Etc.

FRUIT

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

LEGUMES & SOY

Beans, Chickpeas, Lentils, Peanuts, Soybeans, Organic Soy Milk, Organic Tofu, Split Peas, Edamame, Etc.

NUTS & SEEDS

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

VEGETABLE OILS

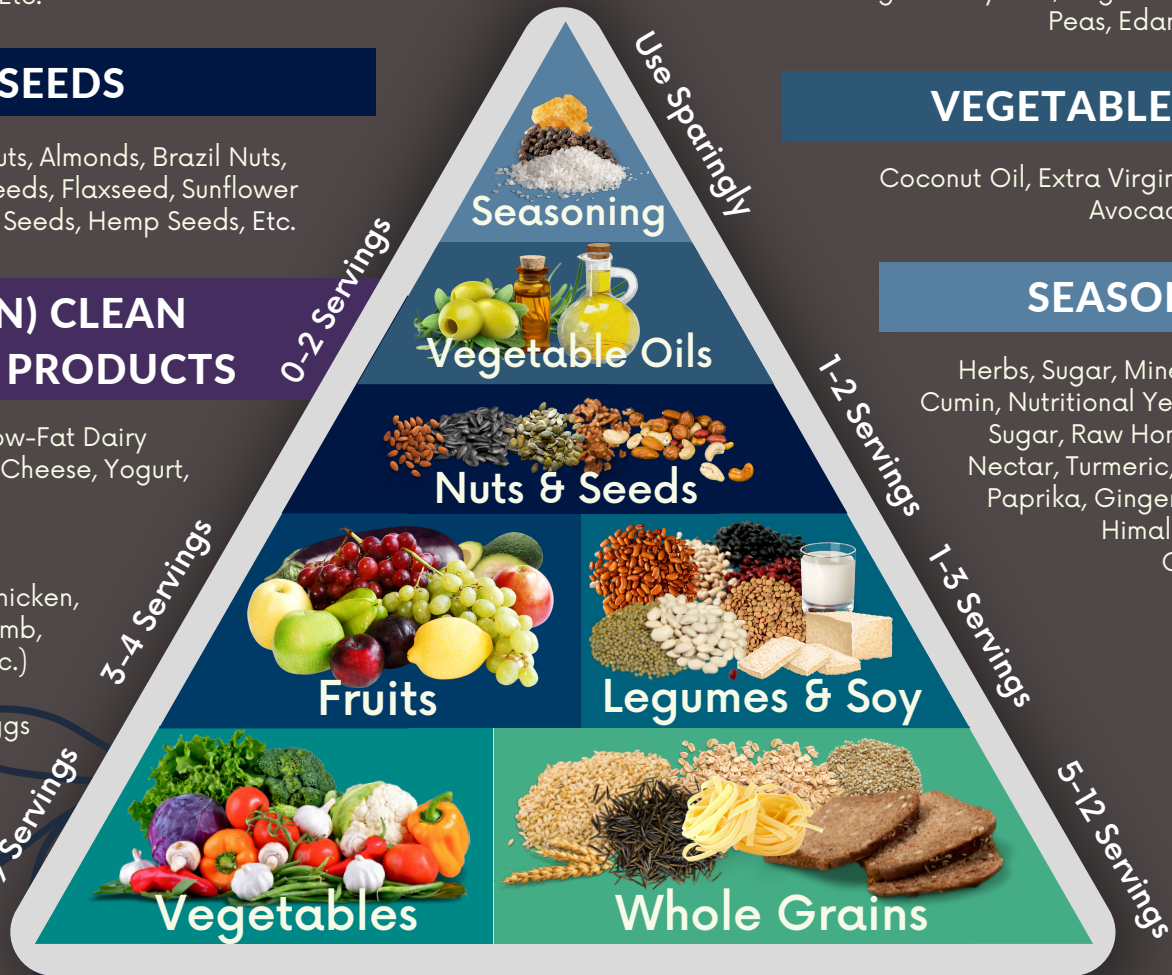
Coconut Oil, Extra Virgin Olive Oil, Avocado Oil, Etc.

(IF EATEN) CLEAN ANIMAL PRODUCTS

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



SEASONING

Herbs, Sugar, Minerals, Mint, Cumin, Nutritional Yeast, Brown Sugar, Raw Honey, Agave Nectar, Turmeric, Oregano, Paprika, Ginger, Celtic or Himalayan Salt, Carob, Etc.

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



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

[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](#)

SEVENTH-DAY ADVENTIST NUTRITION

What foods might you find on their plates?

ZINC

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

VITAMIN A

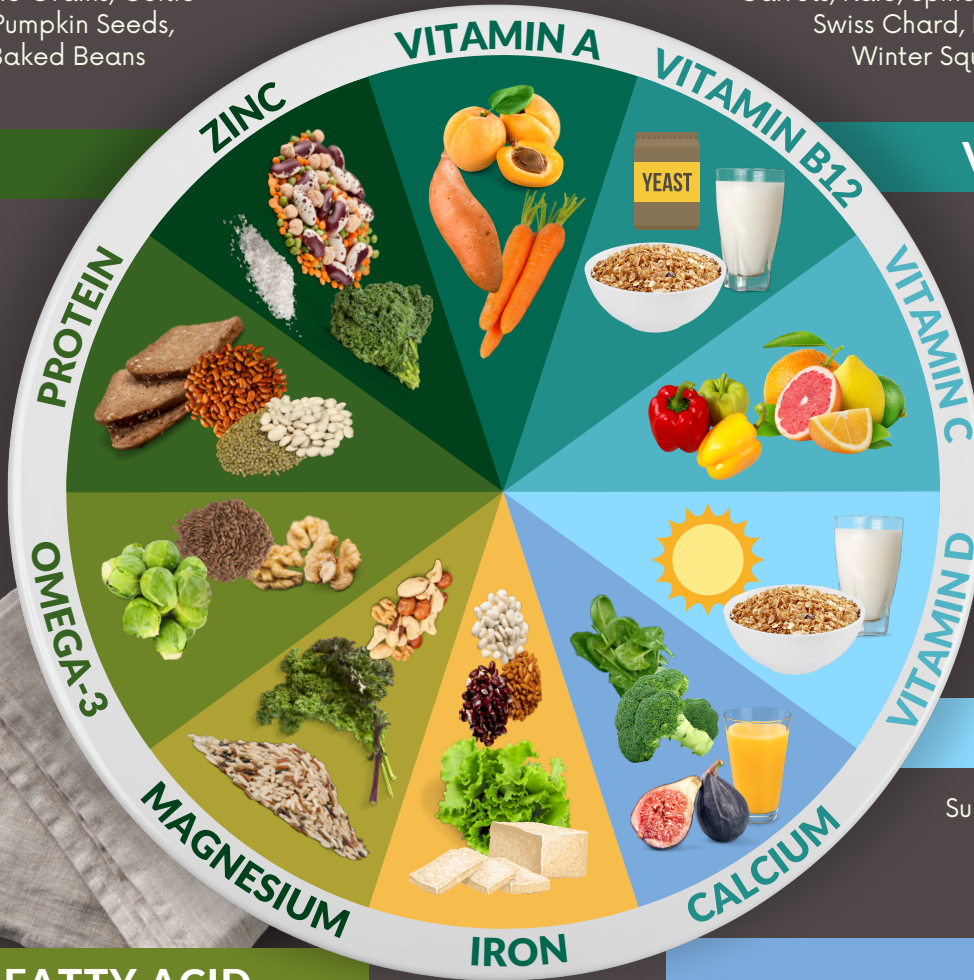
Carrots, Kale, Spinach, Eggs, Dairy Products, Swiss Chard, Melons, Sweet Potatoes, Winter Squashes, Apricots, Mangos

PROTEIN

Broccoli, Brussel Sprouts, Artichokes, Asparagus, Corn, Spinach, Peas, Animal Products, Almonds, Chia Seeds, Lentils, Peanuts, Whole Grains, Soybeans, Organic Soy Milk, Organic Tofu, Legumes, Quinoa

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

VITAMIN D

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

OMEGA-3 FATTY ACID

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

CALCIUM

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

MAGNESIUM

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

IRON

Vitamin-Fortified Fruit and Vegetable Juices, Green Leafy Vegetables, Broccoli, Red Meat, Pumpkin Seeds, Organic Tofu, Beans, Quinoa, Celtic or Himalayan Salt



For further explanation, see the 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](#)