



Viva Vegetarian

Market Basket Ingredient List

	Serving Size	Component Contribution	Calories	Sodium (MG)	Sat Fat (G)
Meat Alternatives - MA (2-3 MA)					
Any canned bean-garbanzo, black, pinto, cannelloni, etc	1/2 cup	1MA or 1/2 cup veg	Refer to product label for nutrition information when available. Otherwise, use a reputable nutrition data website such as Calorie Count or a reputable computer application such as Recipe Builder Pro (iTunes app) to obtain the nutrition facts for your ingredients.		
Refried Beans	1/4 cup cooked beans	1 MA or 1/2 cup veg			
Hummus	2 tbsp	1 MA			
Eggs	1 egg	1MA			
Edamame, frozen or dry roasted, shelled	1/4 cup cooked	1 MA or 1/2 cup veg			
Tofu	1/4 cup	1 MA			
Sunflower, Sesame or Pumpkin Seeds	2 oz	1 MA			
Sunbutter Sunflower Spread	2 tbsp	1 MA			
Yogurt non fat, plain or flavored, Greek or non-Greek, sweetened or unsweetened	1/2 cup	1 MA			
Cheese	as a garnish	not as a stand alone component			
Grains (2 bread grains per serving)					
Cereal Grains, such as barley or quinoa	1 ounce dry or 1/2 cup cooked	1 bread grain	Refer to product label for nutrition information when available. Otherwise, use a reputable nutrition data website such as Calorie Count or a reputable computer application such as Recipe Builder Pro (iTunes app) to obtain the nutrition facts for your ingredients.		
Bulgar, cracked wheat	1 ounce dry or 1/2 cup cooked	1 bread grain			
Brown rice	1oz. Uncooked or 1/2 cup cooked	1 bread grain			
Pasta, whole grain	1oz. Uncooked or 1/2 cup cooked	1 bread grain			
Pasta, white	1oz. Uncooked or 1/2 cup cooked	1 bread grain			
Whole grain wraps or tortilla	8 - 10 inch	1 bread grain			
Croissants, whole grain	2.2 oz	1 bread grain			
Flatbread, whole grain	2.2 oz	1 bread grain			
Fruits (1/2 cup) and Veggies (1/2 - 1 cup)					
Any fresh, canned, or frozen.	1/2 cup	1/2 cup	Refer to product label for nutrition information when available.		
Salad Greens	1 cup	1/2 cup			
Craisins or seedless raisins	1/4 cup	1/2 cup			
Jalapeno peppers, sliced, canned	as needed	not a stand-alone component	Otherwise, use a reputable nutrition data website such as Calorie Count or a reputable computer application such as Recipe Builder Pro (iTunes app) to obtain the nutrition facts for your ingredients.		
Beans and edamame can be counted as veggies, but not both protein (MA) and veggies in same dish. Refer to the Meat Alternative section for the serving size and component contribution.					
Bases, spices					
Custom brand or equal low sodium bases			Refer to product label for nutrition information when available.		
Tabasco sauce					
Siracha (hot) sauce			Otherwise, use a reputable nutrition data website such as Calorie Count or a reputable computer application such as Recipe Builder Pro (iTunes app) to obtain the nutrition facts for your ingredients.		
Thai chili sauce					
Pan Asian dressing					
Honey					
Any spices used-must limit sodium					