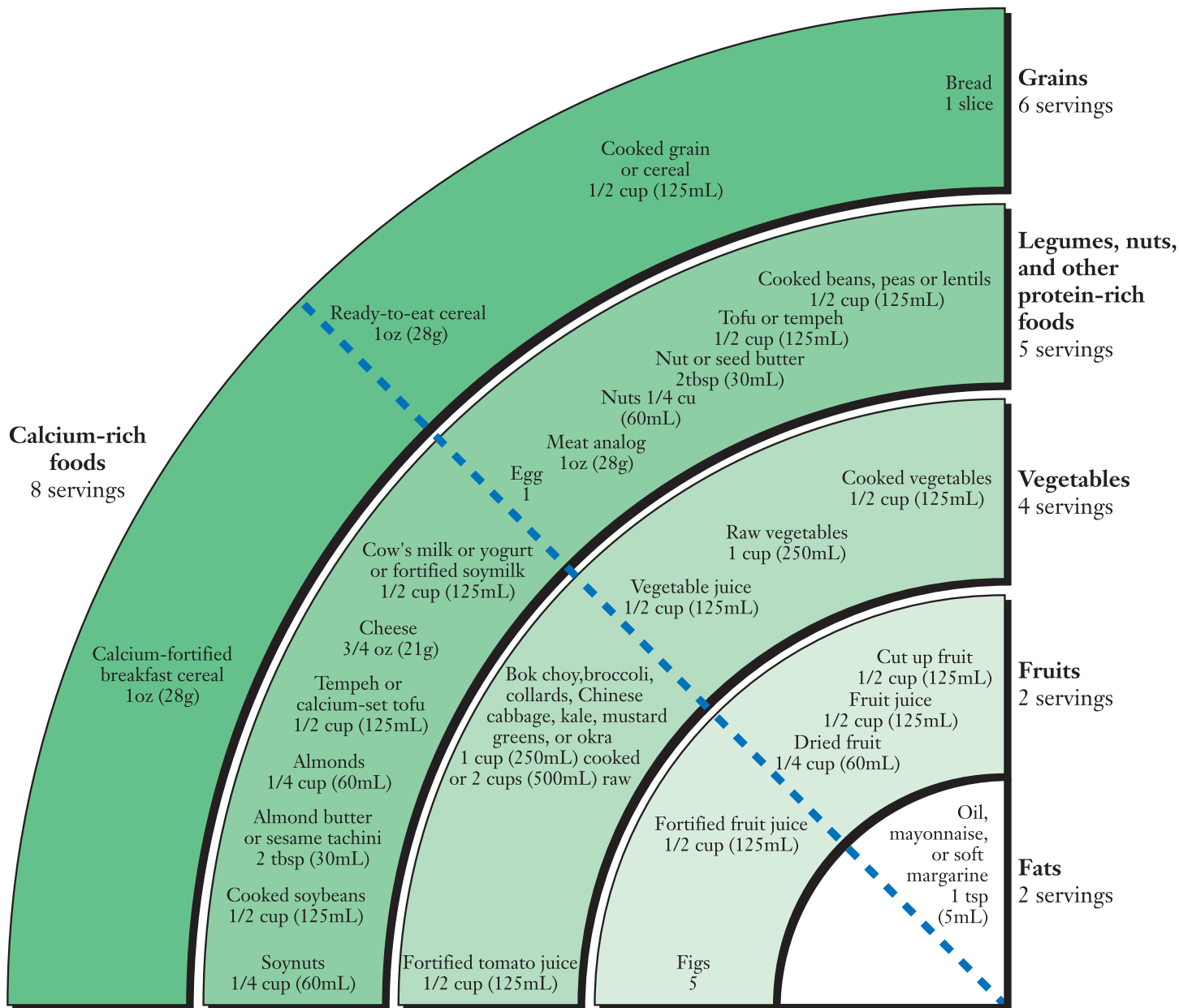


Vegetarian food guide rainbow



Reference: Figure 2 - A new food guide for North American vegetarians. Messina V, Melina V, Mangels AR. *Can J Diet Pract Res.* 2003; 64(2):82. (http://www.dietitians.ca/news/downloads/Vegetarian_Food_Guide_for_NA.pdf)