

Vegetarian table of provisions



Basic food provisions for an ovo-lacto-vegetarian diet one person for 10 days¹ with an average daily energy intake of 2,200 kilocalories (kcal)

Food groups		Food				Energy content ² [kcal]		
Product	Quantities	Examples	Quantities	Unit	Remarks	100 g	Total quantity	
Cereal products, bread, potatoes	3.3 kg	Wholemeal bread, packaged	710	g		213	1,512	
		Rusk	180	g		385	693	
		Crisp bread	710	g		349	2,478	
		Pasta, uncooked	280	g		357	1,000	
		Rice, uncooked	180	g		355	639	
		Oat, cereal flakes	540	g		373	2,014	
		Potatoes, uncooked	710	g	peeled	76	540	
Vegetables, mushrooms	4.0 kg	Green beans, tinned ³	570	g	Drained net weight	21	120	
		Peas/carrots, tinned	640	g	Drained net weight	55	352	
		Red cabbage, tinned	500	g	Drained net weight	60	300	
		Sauerkraut, tinned	500	g	Drained net weight	21	105	
		Asparagus, tinned	290	g	Drained net weight	18	52	
		Sweetcorn, tinned	290	g	Drained net weight	81	235	
		Mushrooms, tinned	290	g	Drained net weight	36	104	
		Gherkins, tinned	290	g	Drained net weight	11	32	
		Beetroot, tinned	290	g	Drained net weight	36	104	
		Onions, fresh	360	g	Drained net weight	30	108	
Fruit	2.5 kg	Cherries, tinned	400	g	Drained net weight	87	348	
		Pears, tinned	180	g	Drained net weight	69	124	
		Apricots, tinned	180	g	Drained net weight	70	126	
		Mandarins, tinned	250	g	Drained net weight	86	215	
		Pineapple, tinned	250	g	Drained net weight	69	173	
		Raisins	140	g		314	440	
		Hazelnut kernels	100	g		664	664	
		Prunes	250	g		252	630	
		Fresh fruit, e.g.	710	g				
		Apple, raw				Example of fresh fruit	65	462
		Pear, raw				Example of fresh fruit	58	412
		Banana, raw				Example of fresh fruit	93	660
		Orange, raw				Example of fresh fruit	47	334
Drinks	20 l	Mineral water ⁴	20	l		0	0	
		Lemon juice	0.14	l		38	53	
		Coffee (powder), instant coffee ⁵	180	g				
		Black tea, dry ⁵	90	g				
Milk, dairy products	2.5 kg	UHT milk, 3.5 % fat	2	l		66	1,32	
		Hard cheese	500	g		378	1,89	
Eggs, substitute products for meat, sausage and fish	1.3 kg	Tofu	200	g		167	334	
		Vegetarian rissoles	150	g		230	345	
		Vegetarian sausage	230	g		222	511	
		Vegetarian spicy sandwich spread	250	g		228	570	
		Vegetarian salami	200	g		257	514	
		Eggs (weight class M)	5	Eggs	Weight of each egg without its shell approx. 53 g	137	363	
Fats, oil	330 g	Spreadable fat, e.g.	180	g				
		Butter			Example of spreadable fat	741	1,334	
		Margarine			Example of spreadable fat	709	1,276	
		Cooking oil (e.g. rapeseed oil)	0.15	l		884	1,326	

Information based on: German Nutrition Society; Austrian Nutrition Society; Swiss Society for Nutrition Research (ed.): Referenzwerte für die Nährstoffzufuhr, Umschau Braus, Frankfurt am Main (2015)

¹ These are general recommendations that must be adapted to the individual dietary requirements where appropriate.

² Energy content: information from the Federal Food Key (BLS) Version 3.02, Max Rubner-Institut (MRI) – Federal Research Centre for Nutrition and Food, 2014.

³ Other pulses can be used as an alternative to beans and peas, e.g. chickpeas, lentils, lupins.

⁴ In addition to the average required fluid intake of an adult of 1.5 litres per person per day, the quantities of water required to cook the specified quantities of pasta, potatoes and rice, amounting to 0.5 litres per person per day, are taken into consideration in the suggested stock of mineral water. For persons aged 65 and over, an increased intake of 2 litres per person per day is recommended. Children (not infants) aged 12 and younger need to drink an average of 1 litre per person per day. The information is based on recommendations of the German Nutrition Society and the Max-Rubner Institut – Federal Research Centre for Nutrition and Food.

⁵ Coffee (drink): quantity ready for consumption 150 ml = 3 kcal, 100 ml = 2 kcal; black tea (drink): quantity ready for consumption 150 ml = 0 kcal, 100 ml = 0 kcal