



Vegetarian

A healthy vegetarian diet consists primarily of plant-based foods, such as fruits, vegetables, whole grains, beans, legumes, nuts and seeds. Because the emphasis is on nonmeat food sources, a vegetarian diet generally contains less fat and cholesterol, and typically includes more fiber.

Types of Vegetarians

- **Flexitarians.** Occasionally eat small amounts of meat, poultry or fish, along with a plant-based diet.
- **Lacto-vegetarians.** Consume milk and milk products, such as cheese and yogurt, as well as plant-based foods.
- **Ovo-vegetarians.** Eat eggs and egg products, along with plant-based foods.
- **Pesco-vegetarians.** Eat fish, along with plant-based foods.
- **Lacto-ovo-pesco vegetarians.** Eat milk and milk products, eggs, fish, and plant-based foods.
- **Vegans.** Only eat plant-based foods; do not eat meat, poultry, fish, milk, eggs or cheese.

Becoming a Vegetarian

- **Get started.** Make a list of meals you already prepare, like sandwiches, casseroles, spaghetti, soup, tacos, or stir fry.
- **Substitute.** Select meals that can easily become meat-free with substitutions, such as chili with beans or soy crumbles, fajitas or stir-fry with extra-firm tofu.
- **Experiment.** Be open to trying meatless products, such as tofu, seitan, tempeh, soy crumbles, and meat substitutes for products like sausage patties, chicken nuggets, bacon and ground beef.

Meat Alternatives

- **Butter.** When sautéing, use olive oil, water, vegetable broth, wine or fat-free cooking spray instead of butter. In baked goods, use canola oil.
- **Cheese.** Use soy cheese or nutritional yeast flakes, which are available in health food stores.
- **Eggs.** In baked goods, try commercial egg replacers - a dry product made mostly of potato starch. Or you can use the following to replace one egg: 1/4 cup whipped tofu or 1 tablespoon milled flaxseed mixed with 3 tablespoons of water.

Necessary Nutrients

- **Protein.** Protein is necessary for your body to build and maintain healthy skin, bones, muscles and organs. Eggs and dairy products are convenient sources of protein. Other sources of protein include soy products, meat substitutes, legumes, lentils, nuts, seeds and whole grains.
- **Calcium.** Calcium is a mineral that helps build and maintain strong teeth and bones. In addition to low-fat dairy foods, dark leafy greens, such as spinach, turnip and collard greens, kale, and broccoli, are good sources of calcium. Other options include tofu enriched with calcium, and fortified soy milk and fruit juices.
- **Vitamin D.** The ultra-violet rays from the sun help your body make vitamin D, which promotes the bone-building benefits of calcium. When your skin isn't exposed regularly to sunlight, you need to consume vitamin D through the diet. Food sources include vitamin D-fortified milk, soy or rice drinks, cereals and soy products.
- **Vitamin B₁₂.** Your body needs vitamin B-12 to produce red blood cells and prevent anemia. This vitamin is found in animal products, including milk, eggs and cheese. Food sources for vegans include some enriched cereals, fortified soy products or by taking a supplement that contains this vitamin.
- **Iron.** This crucial component of red blood cells helps carry oxygen to different body tissues. Good sources of iron include dried beans and peas, lentils, enriched cereals, whole-grain products, dark leafy green vegetables, and dried fruit. To help your body absorb non-animal sources of iron, eat foods rich in vitamin C — such as strawberries, citrus fruits, tomatoes, cabbage and broccoli — at the same time you consume iron-containing foods.
- **Zinc.** This mineral is an essential component of many enzymes and plays a role in cell division and in the formation of proteins. Good sources of zinc include whole grains, soy products, nuts and wheat germ.



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Nutrient Recommendations	Plant Sources	Amount of Nutrients	Animal Sources	Amount of Nutrients
<u>Protein</u> 1.0 g/kg body weight	<ul style="list-style-type: none"> • Peanuts, almonds, cashews, walnuts • Tofu or tempeh • Kidney and black beans, garbanzos, other legumes 	<ul style="list-style-type: none"> • 6 g (1 ounce) • 10 g (1/2 cup) • 15 g (1 cup) 	<ul style="list-style-type: none"> • Milk • Yogurt • Cheese • Egg 	<ul style="list-style-type: none"> • 8 g (1 cup) • 12 g (1 cup) • 6 g (1 oz) • 6 g (1)
<u>Calcium</u> 1000 mg	<ul style="list-style-type: none"> • Kale • Almonds & Legumes (beans) • Spinach • Calcium-fortified juice and breakfast cereal 	<ul style="list-style-type: none"> • 47 mg (1/2 cup) • 92 mg (1/4 cup) • 138 mg (1/2 cup) • 345 mg (1 cup) • Check label 	<ul style="list-style-type: none"> • Milk • Yogurt • Cheese 	<ul style="list-style-type: none"> • 300 mg (1 cup) • 345 mg (1 cup) • 240 mg (1 ounce)
<u>Vitamin B12</u> 2.4 µg/day	<ul style="list-style-type: none"> • Vitamin B12-fortified breakfast cereal, soy milk products, vegetarian patties 	<ul style="list-style-type: none"> • Check label 	<ul style="list-style-type: none"> • Milk • Yogurt • Cheese 	<ul style="list-style-type: none"> • 0.89µg (1 cup) • 0.24µg (1 cup) • 0.44µg (1 ounce)
<u>Vitamin D</u> 15 mcg (600 IU)	<ul style="list-style-type: none"> • Vitamin D-fortified cereal and soy beverages 	<ul style="list-style-type: none"> • Check label 	<ul style="list-style-type: none"> • Vitamin D-fortified milk 	<ul style="list-style-type: none"> • 100 IU (1 cup)
<u>Iron</u> Males: 5 mg/day Females: 18 mg/day	<ul style="list-style-type: none"> • Iron-fortified cereal and grains • Spinach • Lentils • Baked potato • Baked beans 	<ul style="list-style-type: none"> • Check label • 1.5 mg (1 cup) • 2.6 mg (1 cup) • 2.8 mg (1) • 5 mg (1 cup) 	<ul style="list-style-type: none"> • Egg Yolk 	<ul style="list-style-type: none"> • 0.7 mg (1 yolk)
<u>Zinc</u> Male: 11 mg/day Female: 8 mg/day	<ul style="list-style-type: none"> • Cashews • Fortified Breakfast cereal • Wheat germ 	<ul style="list-style-type: none"> • 1.7 mg (1/4 cup) • 3.8 mg (3/4 cup) • 4.7 mg (1/4 cup) 	<ul style="list-style-type: none"> • Milk • Yogurt • Cheese • Egg 	<ul style="list-style-type: none"> • 1 mg (1 cup) • 2.4 mg (1 cup) • 1.1mg (1 ounce) • 0.6 mg (1)

Omelet in a Mug

- ¼ c egg beaters
- 1 tablespoon skim milk
- 2 tablespoon shredded cheese
- 1/3 cup diced vegetables of choice*



1. Whisk together egg and milk with salt and pepper to taste.
2. Stir in cheese and vegetables.
3. Coat inside of a coffee mug with cooking spray, add the egg mixture and microwave on full power, stirring once or twice until almost set, about 2-2 ½ minutes.
4. Allow it to set for a minute and then turn it out onto an English muffin for a quick breakfast sandwich.

*Can substitute garden vegetable egg beaters for original and omit the diced vegetables.

Nutrition Facts: Calories 180, Fat 7g, Protein 20g, Saturated fat 4g, Carbohydrate 7g, Fiber 2g, Cholesterol 40mg, Sodium 800mg

Black Bean Hummus

- 1 can (15 oz) black beans
- 1 can (16 oz) garbanzo beans
- 2 tablespoons vegetable oil
- 1 tablespoon ground cumin
- 1 tablespoon chili powder
- 1 teaspoon cayenne pepper
- ½ teaspoon black pepper
- Salt to taste (optional)



1. Blend black beans and garbanzo beans using a food processor.
2. Serve with bread, pita bread, crackers, pretzels or vegetables.
3. Makes 8 servings.

Nutrition Facts: Calories 115, Fat 5g, Protein 5g, Carbohydrate 16g, Fiber 5g, Sugar 2g, Cholesterol 0mg, Calcium 44mg