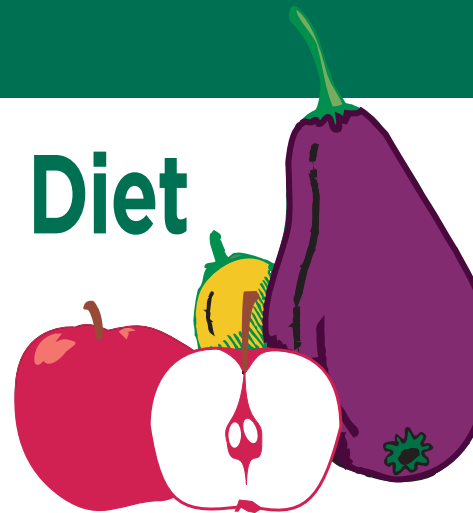


Nutrition for Adults' LIFE

A Vegetarian Diet



Some people choose to follow a vegetarian diet for health or other reasons. With careful planning, a vegetarian diet can provide you with all the nutrients you need and foods you enjoy.

THERE ARE MANY TYPES OF VEGETARIAN DIETS

> Lacto-ovo diet:

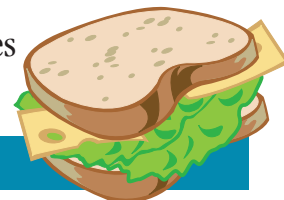
This diet includes dairy products such as milk, cheese, yogurt and eggs but excludes meat, poultry and fish.

> Vegan or strict vegetarian diet:

This diet includes only foods of plant origin, no meat or eggs: fruits, vegetables, legumes (dried beans and peas), grains, seeds and nuts.

> Lacto diet:

This diet includes dairy products but excludes eggs and foods containing eggs as well as meat, poultry and fish.



IMPORTANT NUTRIENTS THAT NEED TO BE CONSIDERED

> Protein:

Plant proteins can give you all the protein you need as long as you have a variety of sources. Lowfat dairy products (milk, cheese, yogurt) are also good sources of protein. Combinations of whole grains, vegetables, legumes, nuts and seeds are all good ways to get protein.

> Iron:

Vegetarians may not get enough iron. Good plant sources of iron include dried beans, spinach, fortified breads and cereals, and dried fruits.

> Vitamin B-12:

Vitamin B-12 comes naturally only from animal sources. It is in dairy products and in most fortified breakfast cereals. Vegans need to include products such as fortified breakfast cereals or vitamin pills to get enough vitamin B-12.

> Calcium:

Vegetarians who do not drink milk or use dairy products can get calcium from spinach, kale and broccoli, some legumes and soybean products as well as calcium fortified products such as orange juice, soymilk and breakfast cereals.

> Vitamin D:

Vegans may not get enough vitamin D because they do not drink fortified milk, which is the most common source of vitamin D. Vitamin D is also made in the skin from sunlight. Vegans who get little sun exposure may need a supplement.

> Zinc:

Vegetarians may not get enough zinc because the mineral is low in plant foods. Zinc can be found in whole grains, nuts, legumes and fortified breakfast cereals.

By Beth H. Olson, Ph.D., MSU Extension Nutrition Specialist, Department of Food Science and Human Nutrition, 1/12

Vegetarian Meal Ideas

> Breakfast

- Cereal with soymilk, or lowfat or fat-free cow's milk.
- Whole-wheat toast with margarine or jelly and a piece of fruit.
- Instant oatmeal with nuts, raisins and milk.

> Lunch

- Vegetable sandwich (tomatoes, peppers, onions, avocado) on whole-grain bread.
- Vegetable soup, toast on side.
- Veggie burger with soy cheese, mushrooms, tomato on whole-grain or fortified bun.
- Pitas, filled with vegetables or peanut butter.

> Dinner Entrees

- Tofu stir-fries (tofu from produce case, stir-fry from frozen case) with soy sauce or barbecue sauce.
- Pasta with tomato sauce plus vegetables such as mushrooms, tomatoes, peppers, and onions in the sauce.
- Use beans or peas with your carbohydrates (such as a baked sweet potato or brown rice) to round out a meal.

> Snack Ideas

- Broccoli flowerets, carrots or other veggie sticks with a low fat dip.
- Slices of cheese.
- Fat-free yogurt with raspberries.
- Fresh or dried fruit.
- Granola (oatmeal, raisins, nuts, carob chips).



Eating a Healthy Diet

Choose a variety of foods, including whole grains, fruits, vegetables, legumes, nuts and seeds using information from MyPlate.

<http://www.choosemyplate.gov/healthy-eating-tips/tips-for-vegetarian.html>

If you use milk or dairy products, choose low-fat or fat-free products. Vegans should include a source of vitamin B-12 daily and vitamin D if your sun exposure is limited.



FURTHER INFORMATION

American Heart Association

www.heart.org

Search: Vegetarian

USDA Food and Nutrition Information Center

<http://fnic.nal.usda.gov/>

Go to: Lifecycle Nutrition under "Subject," then go to: Vegetarian Nutrition

USDA MyPlate

<http://www.choosemyplate.gov/healthy-eating-tips/tips-for-vegetarian.html>

