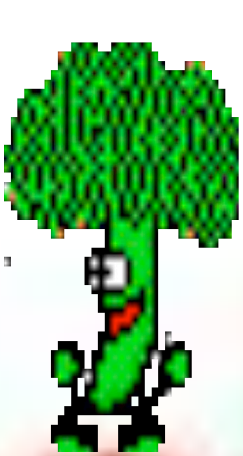


Vegetarian Diet



4 Types of Vegetarians

- *Lacto-ovo-vegetarians eat plant foods, milk, milk products and eggs, but avoid flesh foods (meat, poultry and fish).*
- *Lacto-vegetarians eat plant foods, milk and milk products, but avoid eggs and flesh foods.*
- *Ovo-vegetarians eat plant foods and eggs, but avoid milk, milk products and flesh foods.*
- *Total vegetarians, also called vegans, eat plant foods only.*

Food Sources

- *Calcium -- dairy products; dark green vegetables such as broccoli, collards, kale, mustard, and turnip greens; legumes; fortified soy milk; almonds and sesame seeds*
- *Iron -- legumes; raisins; whole and enriched grains; leafy green vegetables*
- *Zinc -- the same as iron except raisins*
- *Vitamin C -- citrus fruits; broccoli; cabbage; green peppers; tomatoes*
- *Riboflavin -- dairy products; dark green leafy vegetables; legumes; grains*
- *Vitamin D -- fortified milk*

Are vegetarian diets healthful?



- *Vegetarian diets are low in animal products*
 - *Low in total fat , saturated fat and cholesterol*
-
- *Unhealthy if it contains too many calories and not enough important nutrients*



Any type of vegetarian diet should include a wide variety of foods and enough calories to meet your energy needs.

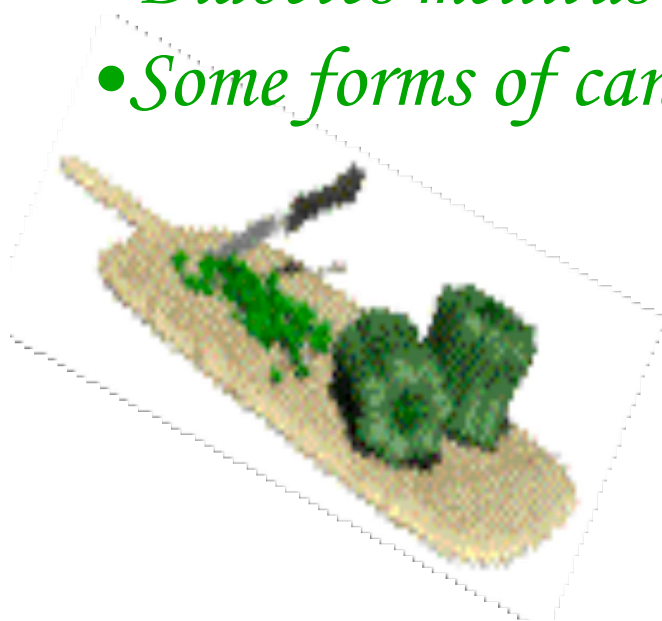
- Keep your intake of sweets and fatty foods to a minimum. These foods are low in nutrients and high in calories.*
- Choose whole or unrefined grain products when possible, or use fortified or enriched cereal products.*
- Use a variety of fruits and vegetables, including foods that are good sources of vitamins A and C.*
- If you use milk or dairy products, choose fat-free/nonfat and low-fat varieties.*
- Eggs are high in cholesterol (213 mg per yolk), so monitor your use of them. Limit your cholesterol intake to no more than 300 mg per day.*



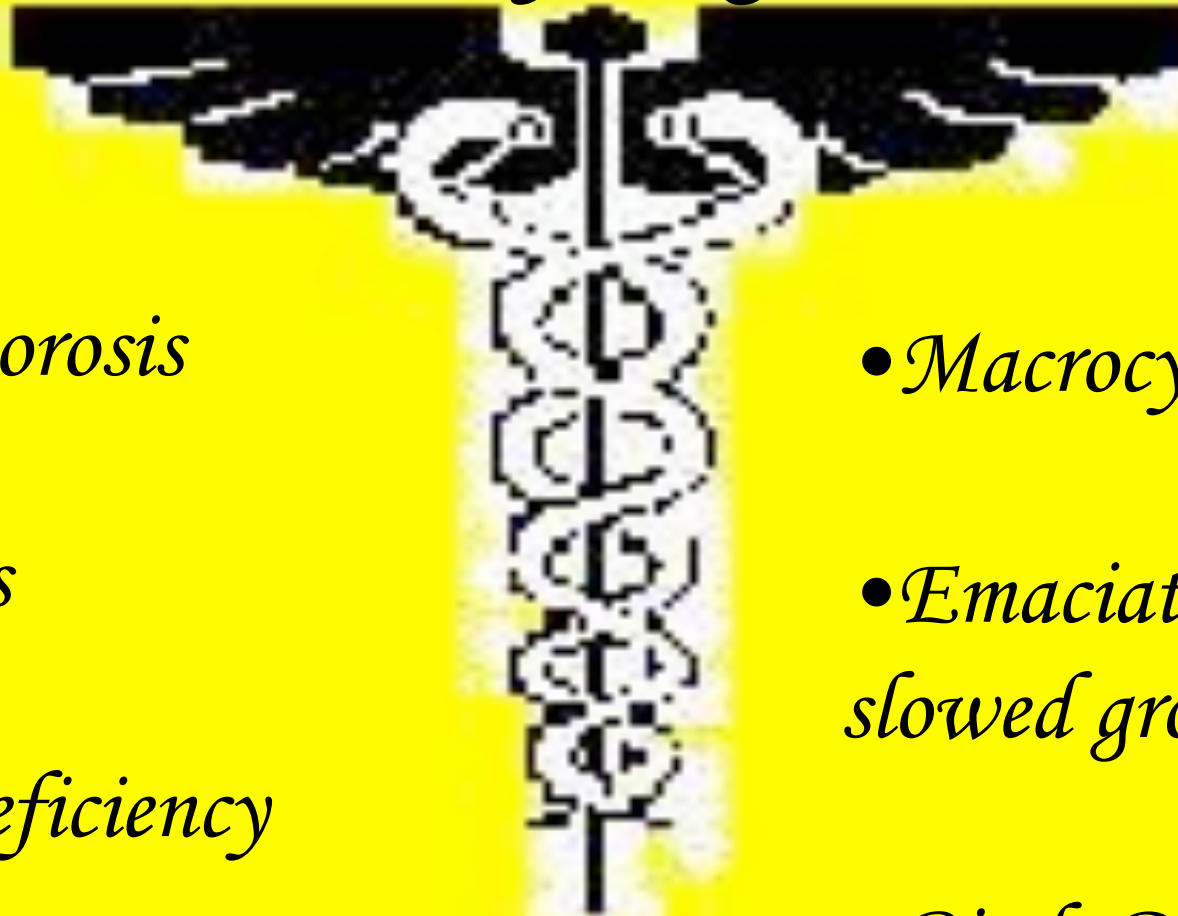
*Most vegetarians have lower
risk of:*



- *Lower risk of obesity*
- *Coronary heart disease (which causes heart attack)*
- *High blood pressure*
- *Diabetes mellitus*
- *Some forms of cancer*



Possible Risks of Vegetarian Eating



- *Osteoporosis*
- *Rickets*
- *Iron-deficiency anemia*

- *Macrocytic anemia*
- *Emaciation or slowed growth*
- *Birth-Defects*

Cost

- *Average Shopper*
\$2292.60

- *Veggie Shopper*
\$1904.52 per year



*"Some other reasons to choose a
Vegeterain diet".*

*(A) Vegetarians live longer than those who
are not.*

*(B) The risk of certain types of cancer are
greatly reduced.*

(C) Cost effectiveness



QUESTIONS??



Vegetarian Diet Pyramid



Daily beverage
recommendations:
6 glasses of water

Alcohol in
moderation

Daily physical
activity



**EGGS
AND SWEETS**

Weekly

**EGG WHITES,
SOY AND
DAIRY**
**NUTS
AND SEEDS**
**PLANT
OILS**







Daily

WHOLE GRAINS

At every
meal

**FRUITS AND
VEGETABLES**

**LEGUMES
AND BEANS**

A	B1	B2	B3	B6	B12	Folic Acid	C	D	E	K
carrots		almonds		wholemeal bread	yeast extract	yeast extract	oranges	sunlight	veg. oils	lettuce
spinach	yeast extract	wholemeal bread	yeast extract		yeast extract	peanuts	broccoli	free range eggs	nuts	veg. oils
	brazil nuts	peanuts	peanuts		cheese	spinach	cabbage	butter		spinach
	peanuts	wholemeal bread	wholemeal bread		free range eggs	almonds	strawberries	fortified vegetable margarine		cabbage
	wholemeal bread	mushrooms	mushrooms	hazelnuts	fortified breakfast cereals	hazelnuts	grapefruit		avocado	seaweed
parsley	peas	broad beans		currants		broccoli	spinach		seeds	
watercress				bananas			green peppers			
				bran			blackcurrants			