

A vegetarian diet can be health-supporting, delicious, and satisfying, or, it can be a disaster. Just think, french fries, white bread, candy, and fried dough are vegetarian too! The best vegetarian plan, like any healthy plan, is based on whole, fresh foods.

Myth: Vegetarians need to combine proteins.

Fact: Protein needs are met when your diet has enough calories from a wide variety of plant foods.

Myth: You need to eat dairy products to get enough calcium.

Fact: Dairy foods are just one source of calcium. Healthy people can get all the calcium they need from a wide variety of fruits, vegetables, grains, and legumes (nuts, seeds, & beans).

Myth: Vegetarians need to take extra vitamins to get enough nutrients.

Fact: Not necessarily. Healthy vegetarian diets have been shown to prevent and treat some diseases.

Vegetarians should aim to get enough daily servings from the five main food groups:

Whole grains: 6 or more (1/2 cup cooked grain; 1 slice bread; 1 oz. fortified cold cereal*; 1/2 cup hot cereal)

Fruits: 2 or more (1 medium fruit; 1/2 cup cut up or cooked fruit; 1/2 cup juice such as calcium-fortified orange juice*, 1/4 cup dried fruit such as figs*)

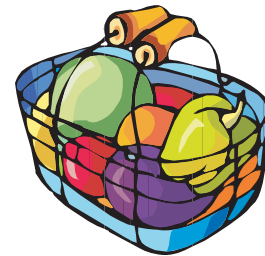
Vegetables: 4 or more (1/2 cup cooked vegetables; 1 cup raw vegetables; 1/2 cup vegetable juice; special attention to leafy greens* such as broccoli*, collards*, kale*, and Chinese greens*)

Legumes, nuts, dairy foods, and other protein-rich foods: 5 or more (1 cup cow or fortified soy/rice milk*, 1/2 cup cooked beans, peas, or lentils*; 1 cup dairy or soy yogurt*, 1/2 cup tempeh* or calcium-set tofu*, 2 Tbsp. seed or nut butter*, 1/4 cup nuts*, 1 oz. fortified meat substitute* such as veggie burgers or soy crumbles; 1 egg)

Fats: 2 (1 tsp. vegetable oil; 2 tsp. full-fat salad dressing; 1 tsp. non-hydrogenated margarine; 1 tsp. mayonnaise or soy mayo)

Among the foods eaten in these five groups, aim for eight servings of calcium-rich options.

***=calcium-rich options**



Consider this...

- Like everyone, vegetarians need regular exercise every day.
- Vegetarian diets should NOT be low in fat; 25-35% of calories should come from fat. The best sources are nuts, avocado, olives, and vegetable oils. Like everyone, vegetarians should avoid hydrogenated fats and saturated fats.
- Vegans (vegetarians who eat no dairy or eggs) should ensure a reliable source of vitamin B12: either from fortified foods (cereals, soy milks, veggie meats—read labels), or from a supplement.
- For additional reliable information about healthy vegetarian diets, visit
 - ✓ www.vrg.org
 - ✓ www.llu.edu/llu/nutrition/veg.html
 - ✓ www.olympus.net/messina/answers.html