



# Vegetarian Diet

VEGETARIAN DIET

## ▶ A well-balanced plant-based diet ◀ can be healthy and nutritious.

Meat, poultry and fish provide plenty of protein and omega-3 fatty acids, as well as micronutrients such as zinc, selenium, iron and vitamin B12.

Other animal products such as dairy and eggs also contain large amounts of calcium, vitamin D and B vitamins.

When eliminating meat or other animal products from your diet, it is important to make sure you get these essential nutrients from other sources.

Studies show that vegetarians are at risk for deficiencies in protein, calcium, iron, iodine and vitamin B12.

Malnutrition in these key micronutrients can lead to symptoms such as fatigue, weakness, anemia, bone loss and thyroid problems.

Fruits, vegetables, whole grains, protein sources, and fortified foods are an easy way to ensure you get the right food. Multivitamins and supplements are another option to speed up your intake and compensate for possible deficiencies.

## ▶ Healthy foods to get in ◀ plant-based diets

▶ **Fruits:** apples, bananas, berries, oranges, melons, pears, peaches



- ▶ **Vegetables:** Vegetables Leaves, Asparagus, Berkeley, Tomatoes, Carrots
- ▶ **Cereals:** oats, barley, buckwheat and rice
- ▶ **Legumes:** lentils, beans, peas, chickpeas.
  - ▶ **Nuts:** Almonds, walnuts and cashews
  - ▶ **Seeds:** Flax seeds, chia seeds and hemp seeds
- ▶ **Healthy fats:** coconut oil, olive oil, avocado
  - ▶ **Proteins:** Tempe, Tofu, Cetane, NATO, Nutritional Yeast, Spirulina, Eggs, Dairy
- ▶ **Foods you should avoid** ◀
  - ▶ **Meat:** Beef, veal and pork
  - ▶ **Chicken:** Chicken and turkey
- ▶ **Fish and oysters:** Restrictions on mask fish
- ▶ **Meat Ingredients:** Gelatin, Pork, Carmine, Isinglass, Oleic Acid and Socket
- ▶ **Eggs:** This restriction applies to vegetarians and lacto vegetarians





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Aside from the moral and environmental benefits of eliminating meat from your diet, a well-planned vegetarian diet may reduce the risk of chronic disease, support weight loss, and improve the quality of your diet. Vegetarian diet includes avoiding cravings for meat, fish and poultry.

The most common types are:

- ▶ **Lactic-vegetarian diet:** Meat, fish and poultry are prohibited, but eggs and dairy products are allowed.
- ▶ **Vegetarian lacto diet:** Meat, fish, poultry and eggs are prohibited but dairy products are allowed.
- ▶ **Ovo-vegetarian diet:** Meat, fish, poultry and dairy are prohibited but eggs are allowed.

▶ **Vegan diet:** Meat, fish, poultry, eggs and dairy products as well as other animal products such as honey are prohibited.

▶ **Pescetarian diet:** Meat and poultry are prohibited but allows fish and sometimes eggs and dairy products.



The health benefits of a plant-based diet Studies show that vegetarians tend to eat better than carnivores and consume more important nutrients such as fiber, vitamin C, vitamin E and magnesium in their diet.

▶ **Flexible diet:** The diet is mostly plant-based, sometimes including meat, fish or poultry.

- ▶ May increase weight loss.
- ▶ May reduce the risk of cancer.
- ▶ May stabilize blood sugar.
- ▶ Promotes heart health.