

Vegetarian Eating

According to Dietitians of Canada and the American Dietetic Association a well-planned vegetarian diet can be a healthy alternative to standard diets that include meat-based eating styles. Being a successful vegetarian means knowing which foods to choose to meet your energy and nutrient needs.

Semi-Vegetarian: usually avoids red meats, but may include dairy, eggs, poultry and fish

Lacto-Ovo Vegetarian: includes eggs and dairy products, but does not consume meat, fish or poultry

Lacto-Vegetarian: includes dairy products, but no eggs, meat, fish or poultry

Vegan: does not consume any animal products

Fruitarian: a type of vegan diet that includes only those healthy plant foods that can be harvested without killing the plant

To achieve a healthy diet you can use the Vegetarian Food Rainbow as your guide to help you plan or you can use Canada's Food Guide to Healthy Eating. You can get a copy of the Vegetarian Food Guide at [www.dietitians.ca/news/downloads/vege_guide\(EN\).pdf](http://www.dietitians.ca/news/downloads/vege_guide(EN).pdf)

Nutrients of Concern

Protein, Iron, Zinc

- Among plant foods, the most concentrated sources of protein are legumes (beans, peas, lentils, & soy foods). These foods are also good sources of iron & zinc.
- Dairy products are low in iron, but do provide protein & zinc.
- Whole grains & vegetables are also a protein source.

Calcium & Vitamin D

- Sources of calcium include cow's milk; calcium-fortified soymilk, rice milk, and orange juice; calcium set tofu; some green vegetables (broccoli, kale, collards, bok choy, okra); almonds; figs; blackstrap molasses.
- Vitamin D sources include fortified soymilk, fortified rice milk & cow's milk.

Vitamin B₁₂

- Vegetarians must take special care to include sources of vitamin B₁₂
- Sources of B₁₂ include: vitamin B₁₂ fortified soymilk, "veggie" meats, dairy products & eggs.

Omega-3 Fatty Acids

- Sources of Omega-3 Fatty Acids include: walnuts, ground flax seed, flax seed oil

For more information on vegetarian nutrition check out these web sites

Position of the American Dietetic Association & Dietitians of Canada - Vegetarian Diets

www.eatright.org/Public/GovernmentAffairs/92_17084.cfm

"Balancing the Issues in Agriculture - Healthy Vegetarian Diets"

www.gov.mb.ca/agriculture/homeec/cbd04s01.html