

If I don't eat meat, will I be able to get enough protein?

Select low fat items (i.e. skim milk) and limit added fat to keep your diet low fat.



The building blocks of protein are called amino acids (picture tinker toys put together). The human body is able to make all but eight amino acids. These essential amino acids must be provided by the foods we eat.

People consuming the lacto and lacto-ovo vegetarian diet can easily meet protein needs because dairy products and eggs are rich in *complete* proteins, ones that provide all the essential amino acids.

Vegan diets require more planning because foods accepted have *incomplete* proteins—they provide some but not all of the essential amino acids. To consume complete proteins, combine grain products with legumes and nuts. (For example: peanut butter sandwich on whole grain bread, beans and rice.) The essential amino acids don't have to be consumed at every meal; however, throughout the course of the day, a varied diet rich in beans, grains, nuts, fruits and vegetables should be consumed to ensure high quality protein intake.

TYPES OF VEGETARIAN DIETS

- **LACTO-OVO VEGETARIAN**

In addition to plant foods, consumption of milk, milk products and eggs is enjoyed.

- **LACTOVEGETARIAN**

This type of vegetarian eats dairy products and plant-derived foods.

- **VEGAN**

A vegan eats only foods of purely plant origin



FOOD GUIDE FOR LACTO-OVO VEGETARIAN

- **GRAINS, LEGUMES AND NUTS (6+servings daily)**
4 grain servings
 1 slice whole grain bread
 1/2 cup pasta, rice, etc.
 3/4 cup cereal
1 bean serving *1 nut/seed serving*
 1/2 cup soybeans,cooked 2 1/2 Tbsp peanut butter
 2/3 cup cooked legumes 1/2 cup nuts or seeds
- **MILK AND EGGS**
 2-3 servings milk or cheese per day,
 3-4 eggs per week (optional)
- **VEGETABLES (3+ servings daily)**
 1/2 cup cooked or 1 cup raw. Select at least one to two servings of dark green, leafy vegetables
- **FRUIT (2-4 servings daily)**
 1 piece of fruit 1/4 cup dried fruit
 3/4 cup juice 1/2 cup canned fruit

FOOD GUIDE FOR VEGANS

- **GRAINS AND NUTS (8+ servings daily)**
6-7+ grain servings *1-2 nuts/seeds servings*
 1 slice whole grain bread 2 1/2 Tbsp peanut butter
 1/2 cup pasta, rice, etc. 1/2 cup nuts or seeds
 3/4 cup cereal
- **LEGUMES (soy, black, kidney, pinto beans, etc)**
 1/3 cup beans plus 2 cups fortified soy milk or
 1 1/4 cup beans and calcium sources (dark green, leafy vegetables and vitamin B12*.
- **VEGETABLES (4+ servings daily)**
 Choose a variety of vegetables including: dark, green leafy vegetables, tomatoes, broccol, etc.
- **FRUIT (2+ servings daily)**
 *Vitamin B12 is found only in animal products so the vegan should take a supplement or consume appropriate fortified foods. Calcium and iron may also need to be

Contact University Dining's Registered Dietitian for guidance if desired. Lisa Eberhart RD, LDN-513-5310 or LisaRDLN@aol.com

WHAT ARE SOME REASONS FOR CHOOSING A VEGETARIAN DIET?



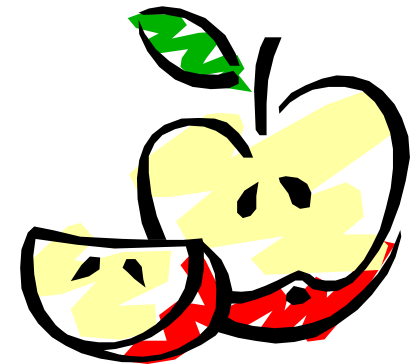
- ◆ When planned appropriately, vegetarian diets are low in fat.
- ◆ Vegetarian diets are rich in fruits, vegetables and whole grains. These foods are rich in vitamins, fiber and other chemical components (i.e. phytochemicals) which have important health benefits.
- ◆ Vegetarian meals can taste great.
- ◆ Some people select vegetarian diets for animal humanity and

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Nutrition Counts

VEGETARIANISM



Nutrition Facts for you!