



Why Vegetarian

Many followers of vegetarianism and veganism consider a diet free of animal products not only more healthful but also a more ethical lifestyle.

Benefits of the Vegetarian Diet

Hundreds of studies have shown that vegetarians have a reduced risk of developing certain diseases like type 2 diabetes and coronary artery disease, most likely correlated with the fact that the diet is low in saturated fat and cholesterol. A vegetarian diet is also high in phytochemicals. These are compounds found in colorful fruits and vegetables, such as the lutein in broccoli and the lycopene in tomatoes. Phytochemicals are powerful antioxidants and help protect against cancer. Even semi-vegetarian diets are beneficial in treating inflammatory conditions such as Crohn's Disease, fibromyalgia, reducing the risk of cataracts, obesity, hypertension, metabolic syndrome and psoriasis.

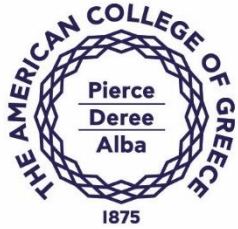
Getting Started

Meat protein contains all the essential amino acids that the body needs, but vegetarian protein often does not. This drawback can be met by eating a variety of plant-based foods in order to get the full range of proteins. A vegetarian must eat a wide variety of nuts, seeds, legumes, and grains. For example, beans are high in an amino acid called lysine, but low in sulfur-rich amino acids. The opposite is true of grains. So eating a meal of black beans and rice is one way to get a balanced set of proteins. One can also substitute the meat with Soy. Soy products are a good source of protein and can be used as a meat substitute i.e meatless burgers, hotdogs, schnitzel and nuggets.

Can Children & Teenagers be Vegetarian?

Yes. Experts say it is not only safe, but probably beneficial. Research shows that the typical vegetarian diet is significantly healthier than the typical non-vegetarian diet as long as kids get enough proteins and essential fats to meet their needs: beans, nuts, peanut butter, avocado, milk products, and eggs are all good sources.



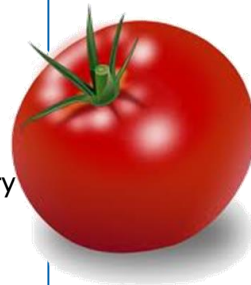


Part-Time Vegetarian

You don't need to be a vegetarian seven days a week, going meatless one or two days a week can reduce your intake of saturated fats and cholesterol, while giving your body plenty of beneficial plant-based nutrients. Eating satisfying, meatless meals is getting easier and more convenient. Many restaurants and supermarkets now offer items specifically for vegetarians

Which is which

<i>LEVEL</i>	<i>DOES NOT CONSUME</i>	<i>DOES CONSUME</i>
Vegan	Meat Meat by-products (gelatin, broths) Animal by-products (eggs, dairy, honey)	Plant products only
Lacto Vegetarian	Meat Meat by-products (gelatin, broths) Certain animal by-products (eggs)	Dairy
Ovo Vegetarian	Meat	Eggs, dairy
Pollotarian	Red Meat (beef, lamb, pork) Fish & Seafood	Poultry, eggs, dairy
Pescatarian	Red Meat (beef, lamb, pork) Poultry & Fowl	Fish, seafood, eggs, dairy



www.vegetarian-nation.com



Know the Facts

Nutrition & Fitness



Are there Drawbacks?

A vegetarian diet can be healthy however incorrect eating habits (more so with vegans) may lead to an increased risk of certain deficiencies:

- Vitamin B12, vitamin B2 that may lead to anemia and muscle weakness.
- Calcium, (particularly Ovo-vegetarians, who eat eggs but not dairy) need to find foods that compensate for the missing calcium from their diets. Dark green vegetables are a good source of calcium. If you eat milk, cheese, or yogurt, you probably get enough calcium to keep your bones strong. But if you are vegan, you'll need alternate sources of calcium. These include fortified soy milk and orange juice, seeds, nuts, and some green vegetables.
- Vitamin D. People who don't eat dairy products also miss out on this important vitamin. Even though the body can make this vitamin in response to sunlight, vegans who may also not get enough sun exposure may need a vitamin D supplement.
- Lacto-vegetarians (who don't eat eggs) also need to boost their intake of plant based iron rich foods.

Smart Vegetarian Shopping List

Beans: chickpeas, kidney, mung, Pinto, Black

Lentils: red, black, yellow, green

Nuts: almond, walnut, Brazilian nut

Vegetables: avocado, mushrooms, broccoli

Seeds: chia, hemp, sesame, pumpkin, sunflower

Grains: quinoa, oats, amaranth

Fats: olive oil, coconut oil

Spreads: Tahini, Peanut butter

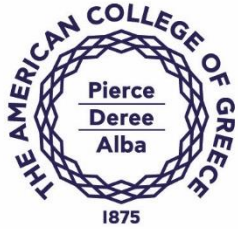
Milks: Almond, Coconut, Soy

Other sources of nutrients: Cocoa70%+, Tofu, Tempeh, Spirulina

Eggs (optional)

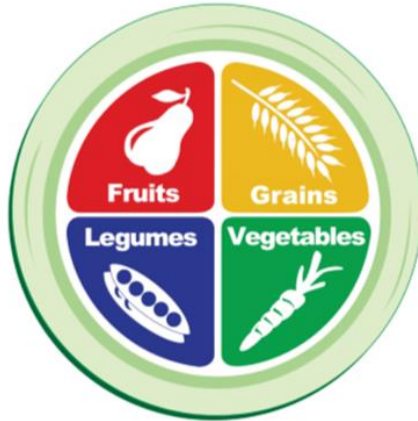
Dairy Products (optional)





Know the Facts

Nutrition & Fitness



www.pcrm.org/health/diets

Words for the Wise

The vegetarian diet is one part of maintaining a healthy lifestyle. It tends to be low in cholesterol, total fat, and saturated fat, which has been proven to reduce the risk of type 2 diabetes and coronary artery disease. It is essential to eat a well-rounded diet to prevent deficiencies in certain vitamins and minerals, such as iron, vitamin B-12, zinc, calcium, and vitamin D. Vegans are especially at risk and may need to take supplements as prescribed by their physician. Partner this diet with exercise and healthy ways to reduce stress and you will be on your way to living well.

Suggested Recipe Sources

www.veganricha.com

www.akispetretzikis.com

www.jamieoliver.com

www.livestrong.com

Or stop by ACG Health & Wellness Center to learn how to create your balanced meal plan.

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